

## Passive Range of Motion

**PROM** is used to improve the range of motion of a specific joint. It can also be used to help realign scar tissue along the normal lines of stress as well as a technique to improve joint health by increasing the viscosity of synovial fluid.

1. Try to perform this when your dog is lying down or with an extra pair of hands to support your dog under the ribcage if stood up
2. With both hands support above and below the joint you are targeting and gently guide it through flexion and extension, keeping the movement within a sagittal plane
3. The movement should be slow and continuous and within a comfortable range for your dog
4. Repeat this a few times daily within your dog's tolerance

Alternatively, to target the whole limb you can use a bicycling motion to mimic the normal walking motion of the limb. This is particularly beneficial for dogs who are struggling to walk or have lost motor control of their legs.



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