



# Passive Range of Motion

## Purpose

After orthopedic surgery, Passive Range of Motion (PROM) exercises are essential for aiding patient recovery. These exercises aim to restore and maintain movement in the affected leg. By mobilizing the joint and preventing muscle adhesions, PROM promotes comfort and accelerates healing. This approach also reduces the risk of osteoarthritis, ensuring better long-term outcomes. Performing PROM involves gently flexing and extending the leg in a slow, rhythmic manner.

## Before You Get Started

- Make sure to have a proper warm-up before starting your PT session. This involves applying a warm compress to the affected leg for 10 minutes and/or a brief walk for approximately 5 minutes.
- PROM can be done with the patient standing or laying down on their side with the surgical leg up.
- During PROM, the surgery leg should be flexed and extended to the point of resistance or discomfort. Usually the first sign of discomfort is when your pet turns and looks at you. Pushing beyond this point may be harmful and not advised.
- Do all joints on the affected leg
- Start with 5-10 repetitions and gradually increase to 30 reps per session.
- Typically, patients should aim for two to three PROM sessions daily during the rehabilitation phase
- These flexing and extending movements are repeated in a row per PT session.
- It is not expected to achieve full flexion or extension until later in the recovery process.
- Following your pet's PT session, apply a cold compress up to 15 minutes as tolerated.

# Passive Range of Motion

## PROM- Flexion

To begin, apply gentle pressure to the foot of the affected limb and push upward. Continue this pressure while slowly bending the knee or elbow until you reach the point of resistance or your pet shows signs of discomfort. Once at this point, release the pressure and allow the limb to straighten naturally. If needed, you can also apply gentle counter pressure on the thigh or shoulder by pushing down slightly to assist with the movement.



Laying Down Knee Flexion



Standing Knee Flexion



Laying Down Elbow Flexion

## PROM- Extension

For **knee extension**, support the affected leg at the knee. Gently stretch the leg backward until you feel resistance or your pet shows signs of discomfort.

For **elbow extension**, support the affected leg at the elbow. Gently stretch the leg forward until you feel resistance or your pet shows signs of discomfort.

After reaching the point of resistance, slowly release the pressure and allow the leg to return to its normal position. Full extension is not expected until later in the recovery process, so be patient and gentle with these movements.



Laying Down Knee Extension



Standing Knee Extension



Laying Down Elbow Extension