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PROM: Passive Range of Motion

Passive ranges of motion are exercises performed to maintain or increase the movement of your companion's joint and muscles. This will also reduce discomfort after your pet's surgery. Please be cautious when performing these exercises. You'll want to stop when your pet is showing you resistance.

PROM training is important for your pet for a number of reasons. In addition to the rate of healing of your companion after knee surgery, it can also decrease the formation of fibrous tissue and fluid accumulation in the knee. Therefore, it will help to improve the range motion of the joint.

It is important to sling assist your pet in standing up, walking, and lying down after surgery. Laser therapy can be utilized here at Levittown Animal Hospital in addition to PROM exercises, which can be done at home.

Exercises should be done 2-3 times a day and can take a few minutes each time for optimal results. Start when your pet is comfortable. Have a high value treat or another person to help you keep your companion calm while performing the PROM exercises.

Start with acupressure. By gently massaging the leg with the palm of your hand you can make your pet feel comfortable and at ease before you begin these exercises. This is also beneficial to increase energy and blood flow to the affected area.

In order to begin exercising the knee, place one hand above the knee and another below. Carefully flex and extend your dog's leg to their full potential. Do not force the leg to go further than your dog is willing. Forcing your pet's leg can cause discomfort or pain.

Repeat this motion 5 – 10 times while holding each position for 20-30 seconds each time.



