

"Groin pull" injury—physical therapy



Muscle injuries are very slow to recover and can cause significant discomfort during PT. Your dog should not resent most of these activities. Reduce amount of flexion or extension of the hip area or the amount of pressure applied, if resentment results.

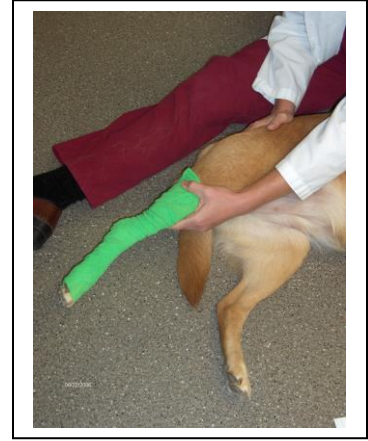
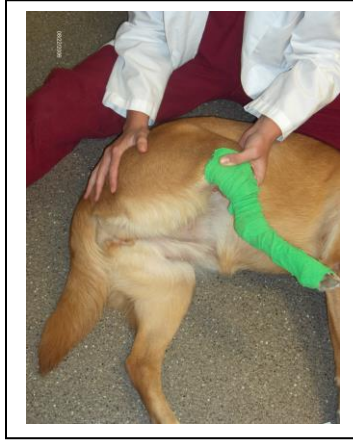
Sit/stand exercise—Have your pet repeatedly sit and stand for 15-20 repetitions 2x daily. Use small treats to encourage participation. Do not push down on his/her rump.

Controlled stairs—Have your pet walk up and down a flight of stairs on a leash, in a slow, controlled manner such that your pet uses every step. Repeat 5x once daily.

Massage—Your pet may stand or lie down. Heat applied before massage will make muscles more compliant and improve circulation (a warm compress to the groin area where leg crease meets body; draping a microwaved, dry rice-filled tube sock across this area works well.)

Perform both superficial skin massage & deeper muscle massage. Skin massage around the groin area involves using your hand loosely conformed to the surface of the skin; enough pressure is applied to move the skin relative to the underlying tissues. Muscle massage of the groin area involves deeper kneading and pushing of the muscles. Grasp the front of the thigh where it meets the body, pushing deep slowly (avoid poking motion with fingertips.) Close your hand on the muscles as you withdraw your hand. Move forward onto the trunk and backward/lower onto the thigh to cover the length of the muscle complex. Perform for 10-15 minutes 2x daily.

Range of Motion: Hip Joint (Riding a Bicycle)



Apply a warm compress groin area (where leg crease meets body; draping a microwaved, dry rice-filled tube sock across this area works well.)

Rest one hand on hip joint to brace yourself and patient. Using second hand, grasp just below the knee on the shin.

Gently pull leg forward and upwards into full hip flexion. Hold for **5 seconds**.

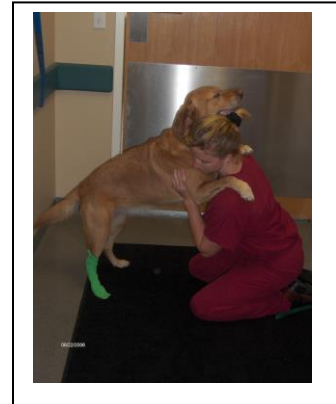
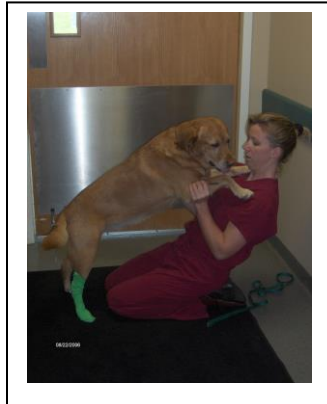
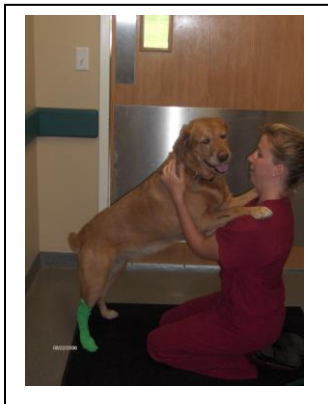
Gently push leg slowly backwards into full hip extension. Hold for **5 seconds**.

Repeat 10x each session; 2 sessions per day.

Hip Stretch exercise— Repeat this slow-motion stretch for 15-20 repetitions twice daily.



Perform this exercise on carpeting with 2 people assisting dog. If you have a large exercise ball (2-3ft diameter), place the front end of your dog across the ball. *Slowly* roll the ball forward so the hind quarters are stretched to the point when your pet takes a step forward with his/her hind feet. *Slowly* roll the ball backward so he/she steps backward.



If you do not have an exercise ball or your pet is not willing, but you can safely lift your dog's front end, use this technique. Kneel in front of your pet and lift his/her legs up to your shoulders; support his/her front end. *Slowly* rock backwards so your pet's hind quarters are stretched to the point when your pet takes a step forward with his/her hind feet. *Slowly* lean forward so he/she steps backward with the hind feet.