

Get back to play plan Phase 1

Congratulations! Your dog has received an injection of Librela®. This is the first step in helping your dog's quality of life and ensuring they remain comfortable.



Arthritis is a life-long disease which can be managed with pain relief, healthy weight and tailored activity. It's therefore important to maintain monthly visits for injections and to discuss your dog's activity and lifestyle.

Dogs live in the moment! It is important to understand that increasing **your dog's activity level too quickly could lead to new injuries or setbacks in their pain relief**. This fitness plan is a guideline, and consultation with a veterinary specialist or veterinary rehabilitation professional is recommended to develop a customized plan for your dog.

Librela® 

zoetis

Phase 1

Your dog's current activity:

- Leash walks < 5 minutes
- Possible access to fenced yard for elimination purposes
- Minimal participation in other outdoor/play activities

Goals

- Establish a baseline walking duration and work up to 10 min/day, 5 days/week
- Increase endurance and muscle activation
- Weight loss (if indicated). *A diet plan must be incorporated for weight loss to occur.*
- Pain reduction

FITNESS PLAN

Walking

- **Week 1:** Establish the baseline length of a walk (up to 5 minutes; less if they show signs of fatigue)
 - Walk your dog on leash, on a flat surface for up to 5 minutes, twice a day
- **Weeks 2-4:** Each week add 1-2 minutes to the walk, stay on a flat surface

Exercises

- Shake
- Weight shifting
- Sit-to-stand

PRECAUTIONS

- DO NOT start new play activities such as chasing balls, frisbee or off-leash rough play
- Increased limping that does not improve to baseline within 2-3 days should trigger a call to your veterinarian



CHECK POINT

Your dog can move on to the next phase if they are able to walk for at least 10 minutes/day, 5 days/week on a flat surface without increased limping*

Tap, click or scan the QR code to see videos of exercises



[CanineBackToPlay.ca](https://www.CanineBackToPlay.ca)

*If your dog does not meet any checkpoint, its OK! Depending on your dog's unique condition, they may require more time to build up strength. And many dogs will live a very happy life without walking more than 20 minutes/day. It is important that you talk to your veterinary healthcare team about what reasonable expectations are for your dog.

Zoetis® and Librela are registered trademarks of Zoetis or its licensors. ©2023 Zoetis Services, LLC. All rights reserved. LIB-002 MM-14881