

## Get back to play plan Phase 2

Congratulations! Your dog is being seen monthly for an injection of Librela® and we want to progress to Phase 2.



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 2

## Your dog's current activity:

- Leash walks at least 10 minutes/day, 5 days/week
- Possible access to fenced yard for elimination purposes
- Minimal participation in other outdoor/play activities

## Goals

- Increase endurance: Build up to 20-30 minute walks, at least 5 days/week
- Increase limb and core strength
- Increase joint range of motion
- Increase balance and coordination
- Weight loss (if indicated). *A diet plan must be incorporated for weight loss to occur.*
- Pain reduction/continued pain control

## FITNESS PLAN

### Walking

- **Week 1:** Add easy hills
  - Keep the duration/time of walks the same as the previous week (around 10 minutes), but add gentle hills 3 days/week
  - If you do not live near any hills, try to find a dirt or wooded trail to walk on and increase the pace (speed) of your walk slightly
- **Weeks 2 onwards:** Add 1-2 minutes per week, include hills 3 days/week
  - Walk on different surfaces — grass, trails, sand — try to incorporate at least 3 times/week

### Exercises and stretching

- Sit-to-stand
- High 5
- Hip stretch on the steps

## 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 20 minutes, 5 days/week without increased limping.\*

\* 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. It is important that you talk to your veterinary healthcare team about what reasonable expectations are for your dog. Remember to follow up with your veterinarian to discuss the next phase once your dog has reached their "Check Point" of physical activity.

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



CanineBackToPlay.ca