



Wheat Ridge Veterinary Specialists

• EXPERTISE YOU CAN TRUST •

Passive Range of Motion (PROM)

Passive Range of Motion

1. Passive Range of Motion (PROM) is used to help post surgical patients recover following surgery on a joint: hip, knee, ankle, shoulder, elbow, etc..
2. The intent of this Physical Therapy (PT) exercise is to reestablish and/or maintain movement in the operated joint.
3. PROM is accomplished by flexing and extending - bending and straightening - the operated joint and/or region with slow, rhythmic movements. The flexing and extending movements should be repeated 10 to 15 times in a row during each PT session. Three to five PT sessions a day during the rehabilitation phase of recovery are indicated.
4. During PROM, the operated joint should be flexed and extended to its maximum degree as dictated by the patient's comfort level. A minor degree of discomfort is anticipated during the initial PT sessions. PROM should be pushed to the level of minor patient discomfort. Pushing PROM beyond this point is harmful to the patient, and the healing tissues, and is not advised. A compress of chipped ice, ice cubes or other ice pack (a bag of frozen peas works the best) helps to reduce swelling and should be applied following each PROM PT session for 3 to 5 minutes. Apply the compress directly over the surgical wound or operated joint. Most patients tolerate the cold compress well during the initial recovery period and PT sessions (initial 2 to 4 days postoperatively). Patients frequently become agitated with the cold after this point and it can be stopped.
5. PROM is most effective, and important for postoperative recovery, during the initial 10 to 14 days following surgery. After this time, PROM PT sessions can be tapered to once a day or stopped completely depending on the situation and individual patient recovery.
6. Inflammation is usually the worst during the first 2 to 3 days following surgery. If there is a time when the patient is acutely sore or hurts please contact us or your regular veterinarian. Sharp yelps or cries and change in usage of a limb are indications of potential problems.

If you have questions or concerns about your pet's progress at any time during the healing and rehabilitation process , please call us.

WHEAT RIDGE OFFICE

3695 Kipling St., Wheat Ridge, CO 80033
Tel 303-940-1239 • Fax 303-420-8360

WESTMINSTER OFFICE

945 W 124th Av, Westminster, CO 80234
Tel 303-350-4733 • Fax 303-350-4734

BOULDER OFFICE

1658 30th ST, Boulder, CO 80301
Tel 720-974-5802 • Fax 303-440-0649