

Flexadin

Massage & stretching cards to help you provide best care for your pet





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We at Vetoquinol care about your pet's well-being and quality of life. The Flexadin massage & stretching cards have been designed to help you share those special moments with your pet, enabling you to provide daily care and relief for your pet.

For specific advice on weight management, exercise and physiotherapy regime for your pet speak to your veterinary surgeon. They know your pet and are best placed to give specific advice.

Separate the cards by carefully tearing along the perforated edges. Each card has different instructions on each side.

Massage Card n°1

THE BACK

Please perform the movements slowly and follow the instructions carefully. You may repeat the series between 3 and 7 times. If your pet finds the movements painful discontinue and contact your vet.



Stage 1

With the dog standing, position yourself behind your dog. Place your hands on each side of the shoulders. Exert firm pressure moving slowly up the neck.



Stage 2

Place your hands on each side of the spine. With two fingers apply pressure on each vertebra.



Stage 3

Continue by slowly, working towards the lower part of the spine.



Stage 4

Lay your hands flat on the thighs. Exert firm pressure, whilst moving down to the lower half of the hind legs.

Stretching Card n°1

THE NECK

Please perform the movements slowly and follow the instructions carefully. You may repeat the series between 3 and 7 times. If your pet finds the movements painful discontinue and contact your vet.



Stage 1

With your dog sitting, position yourself behind your dog. Place your hand under the muzzle. Raise the muzzle upwards and backwards. Maintain this position for 5 seconds.



Stage 2

Put the head back to the initial position. Lower the head. Maintain this position for 5 seconds.



Stage 3

Bring the head back to the initial position. Turn the head towards the right. Maintain this position for 5 seconds.



Stage 4

Bring the head back to the initial position. Turn the head towards the left. Maintain this position for 5 seconds.

Stretching Card n°2

FRONT LEGS

Please perform the movements slowly and follow the instructions carefully. You may repeat the series between 3 and 7 times. If your pet finds the movements painful discontinue and contact your vet.



Stage 1

With your dog lying down on its side, position yourself behind your dog. Place your hand behind the shoulder to hold it. Place your other hand behind the elbow.



Stage 2

Do not move the hand that holds the shoulder. With the hand that holds the elbow, stretch the paw out forward, staying in line. Wait 5 seconds before you come back to the initial position. Repeat the exercise 5 to 10 times in succession.



Stage 3

Place your hand under the dog's foreleg to hold it. Place your other hand under the paw to stretch it.



Stage 4

Bring the foot back into the flexed position and hold for 5 seconds before you go back to the initial position. Repeat the exercise 5 to 10 times in succession.

Massage Card n°2

THE SHOULDERS

Please perform the movements slowly and follow the instructions carefully. You may repeat the series between 3 and 7 times. If your pet finds the movements painful discontinue and contact your vet.



Stage 1

With your dog standing, position yourself behind your dog. Place your hands on each side of the shoulders. Exert firm pressure moving slowly up the neck.



Stage 2

Alternate this back and forth movement with circular movements on the upper part of the shoulder.



Stage 3

Place your hands on the chest and move up the shoulders, applying firm pressure.



Stage 4

Alternate this back and forth movement with circular movements above the shoulders.

Stretching Card n°3

HIND LEGS

Please perform the movements slowly and follow the instructions carefully. You may repeat the series between 3 and 7 times. If your pet finds the movements painful discontinue and contact your vet.



Stage 1

With your dog lying down on its side, position yourself behind your dog. Place your hand above the paw to hold the knee. Place your other hand under the ankle.



Stage 2

Keep your hand above the knee still. Move your hand under the ankle towards the front in order to stretch the knee while staying in line. Hold the position for 5 seconds and go back to the initial position.



Stage 3

Place your hand in front of the hip to support it. Place your other hand behind the knee.



Stage 4

Keep your hand on the hip still and bring your hand under the knee backward to stretch the leg. Hold this position for 5 seconds and go back to the initial position.

Stretching Card n°4

HIPS

Please perform the movements slowly and follow the instructions carefully. You may repeat the series between 3 and 7 times. If your pet finds the movements painful discontinue and contact your vet.



Stage 1

With the dog standing, position yourself behind your dog. Place one hand above the hip. Place your other hand below the knee.



Stage 2

Keep your hand on the hip still whilst using your other hand to lift the paw vertically off the ground.



Stage 3

Continue supporting the hip and gently move the paw backwards. Hold this position for 5 seconds.



Stage 4

Return to the position in Stage 2, prior to releasing the paw back on the ground.