NEW Beransa® Bedinvetmab

EXERCISE

Activities for dogs with osteoarthritis:

Exercise is an important part of managing osteoarthritis in dogs. It helps alleviate muscle wasting and promotes joint health and limb strength. Exercise must be tailored for each individual case and respectful of the limitations of mobility which results from their condition.



- An exercise program helps keep muscles strong and joints mobile.
- In order to be beneficial, exercise should be controlled, gentle and pain-free.
- Regular short periods of exercise during the day, with rests in between, are recommended.
- It is important to start and finish your exercise session at a slower pace in order to allow your dog to warm up and cool down.
- It is crucial to dictate the length of the exercise session and not be tempted to keep going even if your dog seems keen to do so.

Please use the Exercise Grade Chart overleaf to identify your dog's exercise grade, set their target grade and monitor their ongoing progress.

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CANINE OSTEOARTHRITIS
EXERCISE GRADE CHART

Beransa® Bedinvetmab

Identifying your dog's exercise grade

- To determine the **initial grade** of your dog, refer to the chart and identify the grade that matches the quality and quantity of comfortable exercise that your dog has been able to consistently achieve (e.g. daily exercise performed) **prior** to starting any physical or medical therapy.
- When your dog is started on Beransa®, the grade of exercise they are allowed to perform should be maintained at their initial grade for 6 weeks before it can be increased by 1 level. Every time an exercise grade is then changed (up or down), it should then not be raised for at least 2 to 3 weeks. If at any point a grade is not comfortably tolerated (e.g. if your dog becomes sore after exercise or reluctant to continue exercising), they should drop down a grade. Note that overweight slower dogs will take longer to acclimatise to a higher grade of exercise.

Identifying your dog's exercise program

- Refer to the chart to determine the type of restraint (off-lead, lead, or harness/sling). Please ensure that a lead is used at all times your dog is exercising or playing, if specified. When starting or finishing an exercise regime, your dog should perform the passive exercise outlined for their grade (as a warm-up or cool-down).
- When exercising for a longer period (e.g. if only one exercise session in the day), your dog should alternate between the active exercises and passive exercises outlined in the table. Ideally, the total exercise for the day should be divided into at least 2 sessions across the day (e.g. half in the morning and half in the evening). Where limited jumping is permitted, this should be under supervision and only as high (up/down) as your dog has been able to comfortably manage without risk of injury.
- Overall, the most important factor for your dog is consistency in exercise both across days and weeks. Exercises should be done **4-5 days a week** (not only one day per week) to achieve change. If your dog is insufficiently exercised, then it will take longer for your dog to start to improve and progress in its rehabilitation. Your dog should only be exercised to a level at which they do not get sore, otherwise this may interfere with their ability to keep up the exercise needed to rebuild their weakened muscle.
- This document is a guideline only. Please consult your veterinarian or a canine rehabilitation therapist, to enable more specific progress in areas of need.

Grade	Objective	Type of Restraint	Active Exercises (after passive exercise as warm-up)	Passive Exercises	Permitted Terrain/Activities				Total Daily Exercising
					Stairs/ Steps	Hills	Play	Jumping	
0	Normal exercise	Off-lead	Unlimited	Unlimited	YES	YES	Unsupervised	YES	Unlimited
1	Supervised free exercise	Off-lead	Trotting or ball retrieving (5-10m distance)	Walking 2-5 mins	YES	YES	Unsupervised	Limited	60 mins
2	Supervised and controlled off-lead exercise	Off-lead	Trotting or ball retrieving (10-15m distance)	Walking 2-5 mins	YES	YES	Supervised	Limited	60 mins
3	Extended lead exercise (hills)	Lead required	Trotting 20-30 mins	Walking 2-5 mins	YES	YES	On-lead only	Limited	60 mins
4	Extended lead exercise (flat)	Lead required	Trotting 10 mins	Walking 2-5 mins	YES	NO	On-lead only	Limited	35 mins
5	Controlled lead exercise, moderate level	Lead required	Trotting 5 mins	Walking 2-5 mins	YES	NO	On-lead only	Limited	25 mins
6	Controlled lead exercise, mild level	Lead required	Trotting 2-3 mins	Walking 2-5 mins	NO	NO	On-lead only	NO	15 mins
7	Controlled lead exercise, low level	Lead required	Trotting 30-60 secs	Walking 3-5 mins	NO	NO	NO	NO	10 mins
8	Limited lead walking	Lead required	Walking 5 mins		NO	NO	NO	NO	15 mins
9	Assisted mobility	Lead/ Sling/ Harness	Walking 3-5 mins on non-slip floor, using non-slip boots, assistive devices		NO	NO	NO	NO	15 mins
10	Assisted mobility	Lead/ Sling/ Harness	Walking 2-3 mins on non-slip floor, using non-slip boots, assistive devices		NO	NO	NO	NO	10 mins

Beransa® is licensed for the alleviation of pain associated with osteoarthritis in dogs.
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