



Biko Progressive Resistance Bands

MEASURING INSTRUCTIONS FOR THE BIKO PROGRESSIVE RESISTANCE (PR) BANDS

Step 1: Fit the dog with a Roman harness that has a D ring on the top (flat on the back).

Step 2: Measure the distance from the D ring to the metatarsals on the diagonal (**A**) (between the tarsus and the paw) of each foot (right and left)

Left foot = _____ cm Right foot = _____ cm

Step 3: Measure the circumference (**B**) of the metatarsals (between the tarsus and the paw)

Left foot = _____ cm Right foot = _____ cm



IMAGE B - Measuring circumference of metatarsal

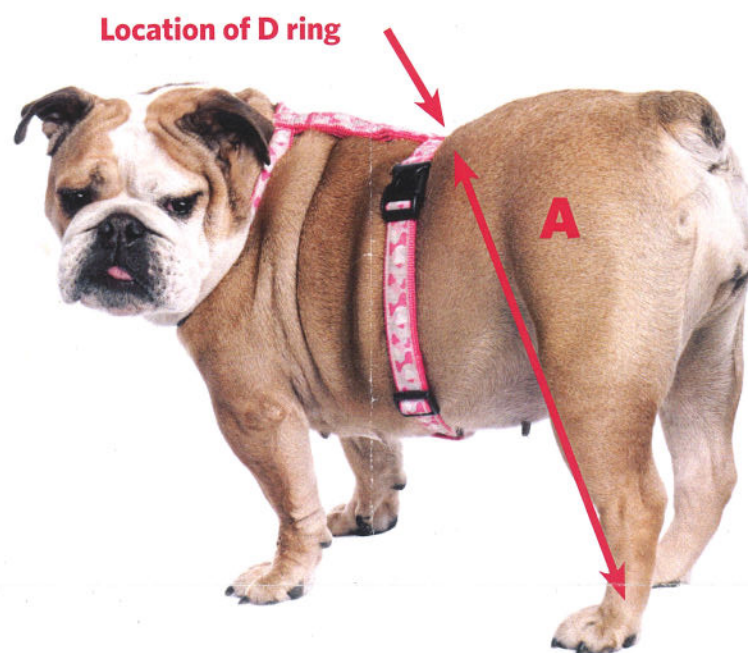


IMAGE A - Measuring distance from D ring to metatarsal

PATIENTS WHO ARE NOT CANDIDATES FOR THE BIKO PR BANDS

- Patients who are paralyzed
- Patients with no motor function in one or more limbs
- Patients with severe weakness and ataxia that require that they be physically moved and lifted to stand or walk
- Patients with severe spasm or increased tone in one or both hind limbs that severely interfere with their movement
- Patients with acute, painful conditions

THERAPEUTIC APPLICATIONS FOR THE BIKO PR BANDS

TYPE OF PATIENT	SYMPTOMS/CONDITIONS	THERAPEUTIC BENEFITS
Geriatric	Muscle atrophy, decreased strength and endurance	Enhances routine exercise, keeps dog active for longer life
Inactive/Overweight	Poor overall conditioning	Restores physical functionality
Neurologic Patient	Spinal cord injury, Wobbler's Syndrome, Fibrocartilaginous Embolism (FCE), Degenerative Myelopathy (DM), Cerebellar Ataxia	Aids treatment, assists in walking, improves recovery time
Lumbosacral Disease	Lower back pain, difficulty sitting and rising, urinary incontinence, hind limb lameness, poor tail carriage	Increases proprioception, balance, agility and improves gait
Arthritis/Hip Dysplasia	Decrease in muscle strength and mass, lameness, painful arthritis of the joints	Increases muscle strength and mass, reduces pain and improves mobility
Post-Op Cranial Cruciate Ligament injury (CCL)	Muscle atrophy, decrease in muscle strength	Strengthens and conditions, keeps the dog active during recovery
Pre- and Post-Ops	Decreased proprioception	Improves muscle tone and balance, gait retraining



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