



Notes :

Mimzy has T3-L3 myelopathy, L4 caudal myelopathy, and mild kidney disease. She is not currently on any medications. She eats three meals a day and a snack before bed.

**1 Walking - On Leash**



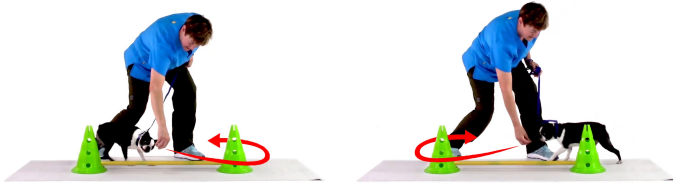
Freq: 2x/day Duration: 1 block only

**2 After Walk: Stairs - Up with Assist**



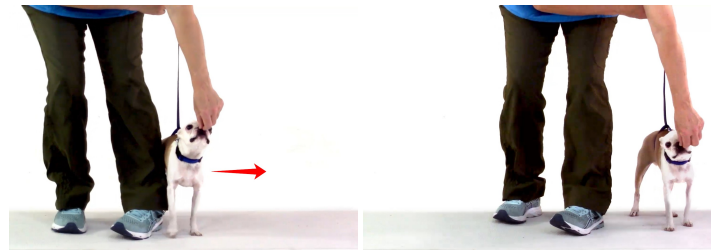
Reps: 1 Freq: 2x/day after walk

**3 Step-Over - Figure 8 Low**



Reps: 5 Freq: 2x/day

**4 Side-Step - Floor**



Reps: 5 each way Freq: 2x/day

**5 Latissimus dorsi Stretch Cat**



Reps: 1 Freq: 1x/day Hold: 30 seconds

**6 Sartorius Modified Stretch**



Reps: 1 Freq: 1x/day Hold: 30 seconds



Your Clinic Here  
1456 King Street  
New York  
(123) 123-0000  
[www.yourclinic.com](http://www.yourclinic.com)

Mimzy's (17-years-old) Daily Home Program

Client ID  
45471687

Online access  
[login.wibbi.com](http://login.wibbi.com)

### 7 Traction Low Back/Sacrum



Reps: 1 Freq: 1x/day Hold: 30 seconds

### 8 Circle Massage Low Back



Freq: 1x/day Duration: 5 minutes

### 9 TENS Mid Back



Freq: as needed