Librela™
(bedinvetmab injection)

Back-to-Play Plan: Phase 1

Congratulations! Your dog has received an injection of Librela™ (bedinvetmab injection). This is the first step in controlling your dog's osteoarthritis pain, which can get them moving again and improve their quality of life.

Osteoarthritis (OA) is a life-long disease that can be managed with pain relief, a healthy weight, and tailored exercise. To make sure your dog is on the right path, it's important to visit your veterinarian once a month for Librela injections and to talk about your dog's activity and lifestyle.

Dogs live in the moment! It's important to know that **increasing your dog's activity level too quickly could get in the way of pain control or lead to new injuries**. This back-to-play plan is a general guide, so work with your veterinarian to develop a plan that meets your dog's current level of activity and severity of OA. Your veterinarian may also refer you to a veterinary rehabilitation specialist.

IMPORTANT SAFETY INFORMATION: For use in dogs only. Women who are pregnant, trying to conceive or breastfeeding should take extreme care to avoid self-injection. Hypersensitivity reactions, including anaphylaxis, could potentially occur with self-injection. LIBRELA should not be used in breeding, pregnant or lactating dogs. LIBRELA should not be administered to dogs with known hypersensitivity to bedinvetmab. The most common adverse events reported in a clinical study were urinary tract infections, bacterial skin infections and dermatitis. See full Prescribing Information at LibrelaPI.com.

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Phase 1

Your dog's current activity

- Leash walks for less than 5 minutes
- Possible time in a fenced-in yard to go to the bathroom
- Minimal participation in other outdoor/play activities

Goals

- Come up with a walking plan and work up to 10 minutes a day, 5 days a week
- Increase the amount of time your dog exercises and how much they use their muscles
- Weight loss (if your vet suggests it). *A diet plan must be incorporated for weight loss to occur*
- Pain reduction

FITNESS PLAN

Walking

- **Week 1:** Start with a short walk (up to 5 minutes; less if they show signs of fatigue)
  - Walk your dog on leash, on a flat surface for up to 5 minutes, twice a day
- **Weeks 2-4:** Each week, add 1-2 minutes to the walk, stay on a flat surface

Exercises

- Shake
- Weight shifting
- Sit-to-stand

Scan the QR code to see videos of exercises
CanineBackToPlay.com

PRECAUTIONS

- DO NOT start new play activities such as chasing balls, frisbee, or off-leash rough play
- Increased limping that does not improve within 2-3 days should trigger a call to your veterinarian

CHECKPOINT

Your dog can move on to the next phase if they are able to walk for at least 10 minutes a day, 5 days a week on a flat surface without increased limping.*

*If your dog does not meet every checkpoint, it's OK! Depending on your dog's unique condition, they may require more time to build up strength—many dogs will live a very happy life without walking more than 20 minutes a day. It is important that you talk to your veterinary healthcare team about what reasonable expectations are for your dog.

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LIB-00052A

Librela™
(bedinvetmab injection)

Back-to-Play Plan: Phase 2

Congratulations! Your dog has been getting monthly injections of Librela™ (bedinvetmab injection) and we want to progress to Phase 2.

Osteoarthritis (OA) is a life-long disease that can be managed with pain relief, a healthy weight, and tailored exercise. To make sure your dog is on the right path, it's important to visit your veterinarian once a month for Librela injections and to talk about your dog's activity and lifestyle.

Dogs live in the moment! It's important to know that **increasing your dog's activity level too quickly could get in the way of pain control or lead to new injuries**. This back-to-play plan is a general guide, so work with your veterinarian to develop a plan that meets your dog's current level of activity and severity of OA. Your veterinarian may also refer you to a veterinary rehabilitation specialist.

IMPORTANT SAFETY INFORMATION: For use in dogs only. Women who are pregnant, trying to conceive or breastfeeding should take extreme care to avoid self-injection. Hypersensitivity reactions, including anaphylaxis, could potentially occur with self-injection. LIBRELA should not be used in breeding, pregnant or lactating dogs. LIBRELA should not be administered to dogs with known hypersensitivity to bedinvetmab. The most common adverse events reported in a clinical study were urinary tract infections, bacterial skin infections and dermatitis. See full Prescribing Information at LibrelaPI.com.

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Phase 2

Your dog's current activity

- Leash walks at least 10 minutes a day, 5 days a week
- Possible time in a fenced-in yard to go to the bathroom
- Minimal participation in other outdoor/play activities

Goals

- Increase the amount of time your dog exercises: Build up to 20- to 30-minute walks, at least 5 days a week
- Increase the strength of your dog's legs and muscles
- Increase joint range of motion
- Increase balance and coordination
- Weight loss (if your vet suggests it). *A diet plan must be incorporated for weight loss to occur*
- Pain reduction and continued pain control

FITNESS PLAN

Walking

- **Week 1:** Add easy hills
  - Keep walks the same as the previous week (around 10 minutes), but add gentle hills 3 days a week
  - If you do not live near any hills, try to find a dirt or wooded trail to walk on and increase the pace (speed) of your walk slightly
- **Week 2 and onward:** Add 1-2 minutes per week, include hills 3 days a week
  - Walk on different surfaces (grass, trails, sand); try to incorporate at least 3 times a week

Exercises

- Sit-to-stand
- High 5
- Hip stretch on the steps

Scan the QR code to see videos of exercises
CanineBackToPlay.com

PRECAUTIONS

- DO NOT start new play activities such as chasing balls, frisbee, or off-leash rough play
- Increased limping that does not improve within 2-3 days should trigger a call to your veterinarian

CHECKPOINT

Your dog can move on to the next phase if they are able to walk for at least 20 minutes, 5 days a week without increased limping.*

*If your dog does not meet every checkpoint, it's OK! Depending on your dog's unique condition, they may require more time to build up strength. It's important that you talk to your veterinary healthcare team about how your dog should be progressing and their goals. Remember to follow up with your veterinarian to discuss the next phase once your dog has reached their "CheckPoint" of physical activity.

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LIB-00052B

Librela™
(bedinvetmab injection)

Back-to-Play Plan: Phase 3

Congratulations! Your dog has been getting monthly injections of Librela™ (bedinvetmab injection) and we want to progress to Phase 3.

Osteoarthritis (OA) is a life-long disease that can be managed with pain relief, a healthy weight, and tailored exercise. To make sure your dog is on the right path, it's important to visit your veterinarian once a month for Librela injections and to talk about your dog's activity and lifestyle.

Dogs live in the moment! It's important to know that **increasing your dog's activity level too quickly could get in the way of pain control or lead to new injuries**. This back-to-play plan is a general guide, so work with your veterinarian to develop a plan that meets your dog's current level of activity and severity of OA. Your veterinarian may also refer you to a veterinary rehabilitation specialist.

IMPORTANT SAFETY INFORMATION: For use in dogs only. Women who are pregnant, trying to conceive or breastfeeding should take extreme care to avoid self-injection. Hypersensitivity reactions, including anaphylaxis, could potentially occur with self-injection. LIBRELA should not be used in breeding, pregnant or lactating dogs. LIBRELA should not be administered to dogs with known hypersensitivity to bedinvetmab. The most common adverse events reported in a clinical study were urinary tract infections, bacterial skin infections and dermatitis. See full Prescribing Information at LibrelaPI.com.

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Phase 3

Your dog's current activity

- Leash walks at least 20 minutes a day
- Possible time in a fenced-in yard to go to the bathroom
- Minimal participation in other outdoor/play activities

Goals

- Walking on/off leash up to 60 minutes a day
- Increase or maintain strength
- Improve or maintain joint range of motion
- Improve or maintain balance and coordination
- Gentle off-leash play (recall training is important)
- Weight loss (if your vet suggests it). *A diet plan must be incorporated for weight loss to occur*
- Continued pain control

FITNESS PLAN

Walking

- Add 2-5 minutes a week to current walks
- Include hills 3 days a week
- Walk at least 5 days a week
- Walk on trails 2 days a week

Exercises

- Paws up
- 3-leg stand
- Down-to-stand
- Play bow

Scan the QR code to see videos of exercises
CanineBackToPlay.com

PRECAUTIONS

- DO NOT start new play activities such as chasing balls, frisbee, or off-leash rough play
- Increased limping that does not improve within 2-3 days should trigger a call to your veterinarian

CHECKPOINT

Continue to check in with your veterinarian once a month. If you are interested in other fitness plans for your dog, talk with your veterinarian about other options such as working with a rehabilitation veterinarian.*

*If your dog does not meet every checkpoint, it's OK! Depending on your dog's unique condition, they may require more time to build up strength. It is important that you talk to your veterinary healthcare team about how your dog should be progressing and their goals. Remember to follow up with your veterinarian to discuss the next phase once your dog has reached their "CheckPoint" of physical activity.

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