



3458 Magazine Street
New Orleans, LA 70115
(504) 891 4115

Physical Therapy Instructions

******Note:** Please don't ever let your pet off-lead after leg surgery unless instructed to do so by the veterinarian. Premature and excessive activity may lead to severe complications. ****

WEEK 1

Perform in this order:

1. Warm Compresses: Perform warm compresses 3-4 times a day for 15 minutes each time.
2. Leg Massages: Starting at the feet, slowly massage up towards the upper portion of the leg. Do this after performing warm compresses for **10 – 15 reps.**
3. Leash Walking: Perform **slow** leash walks starting the first week after surgery, these should last for **10 minutes per walk.** It is best to walk in tall grass, ground cover or sand.
4. Apply Ice to the knee for **10-15 minutes** after exercise during the first 3-5 days of returning home.

WEEK 2

- Warm Compresses and leg massages may be discontinued starting this week.
- Continue to gradually increase the PROM.
- Increase leash walking to 20 minutes per walk, 3 times a day.
- Return to clinic for recheck exam **2 weeks** after surgery.

WEEK 3-4

- Continue to increase walk times, increase *PROM* by performing the exercises listed above.
- Return for recheck exam **4 weeks** after surgery. Additional instructions will be given to you for the final stages of rehabilitation.