

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

- Warm Compresses: perform warm compresses 3-4 times a day for 15 minutes each time.
- Leg Massages: starting at the feet, slowly massage up towards the upper portion of the leg. Do this after performing warm compresses.
- Passive Range Of Motion (PROM) Exercises: perform these after warm compresses and leg massages. These are done by bending the leg at the knee. Even if just bending a few degrees, this will help to regain full range of motion for the leg.
- Leash Walking: Perform slow leash walks starting the first week after surgery, these should last for 10-15 minutes total.

WEEK 2

- Warm compresses and leg massages may be discontinued starting this week.
- Continue to gradually increase the PROM.
- Increase leash walking to 20min. each day.
- Return to clinic for recheck exam 2 weeks after surgery (there is no charge for this)

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.