

ORTHOPEDIC REHAB INSTRUCTIONS

**Post-Op Days 1-3:**

Ice (15 min) 3x/day

Rest for first few days (can start short leash walks if tolerating)

**Post-Op Days 4-7:**

Short leash walks 5-10 minutes 3x/day

**Post-Op Days 8-21:**

Short leash walks 10-20 minutes 3x/day

Limited by dog's response/tolerance

\*NOTE: If increased fatigue, soreness or discomfort were noticed with increased distance walked, revert to previous level of activity and begin from there

**Post-Op Weeks 4-5:**

Continue to progress therapeutic activity. Slow leash walks (20-30 min) 3x/day to tolerance

Begin functional strengthening

Figure 8 circles to the left and right at a walk

**Post-Op Weeks 6-7:**

Increased intensity/duration of therapeutic activities

Leash walks on a longer lead (30-40 min) 3x/day to tolerance

Figure 8 trotting (no sharp turns)

Ramps (inclines and declines)

Ascend/descend stairs 5-10 flights slowly 2-3x/day

Swimming - no explosive water entry

Tug-O-War

Dancing

Trotting on a longer lead in a straight line (no sharp turns)

**Post-Op Week 8:**

Final check-up/healing complete (radiographs)

Therapeutic activities: Zig-zag trotting & running in a straight line

You may now return to prior level of activity at the end of the 8 weeks.

**In case of after-hours emergency, call Veterinary Emergency Center at**

**419-708-5799.**