

Greater Cincinnati Veterinary Specialty & Emergency Services

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Physical Therapy for Orthopedic Surgery : 8 + weeks post-operative

1. Stair Climbing -

Encourage your pet to use each foot, especially the affected leg, correctly during this activity as they walk up the steps. The goal is that your pet does not skip, hop, or hold up the affected leg during this activity. If they will not leave the paw on the floor, then go back to the balancing exercises and try this activity again in a couple of weeks. Start with a short flight of stairs that are 4-6 in number (half of a flight), then you can work up to a full flight of stairs as your pet improves. **Do this exercise for 2-4 repetitions, 1-3 times a day.** Always have your pet on a leash so that you have some control of the speed of stair climbing or your pet will just lift up the leg and run up the stairs.

2. Sit-to-Stand Exercises -

The goal is to have your pet sit correctly during this activity, which means that they should sit squarely with both legs evenly bent. If your pet cannot sit correctly at this time, you may need to do more range of motion exercises before trying this activity, however your pet does not have to be perfect in order to try this exercise. If you have problems, you may need to have your pet sit next to a wall with the affected side toward the wall to encourage appropriate motion of the leg. The eventual goal is that your pet uses both legs equally to stand up. **At this point you should be at 15 - 20 repetitions 3-4 times a day. You can use treats for this activity, however please do not overfeed your pet.**

3. Walking -

Be sure to walk slow enough that your pet is using all four limbs. The leash length can be increased at this time to a longer leash to allow more freedom. The goal is to make your pet better with each step and to make them use each leg with every step. Start with multiple short trips and work up from there: at this time you may be at **10 minutes two to three (2-3) times a day** and you can continue to increase each session by 1-3 minutes every few days as long as your pet is doing well. If your pet is consistently using the leg to walk, you can start to increase the pace (speed) of the walk as your pet improves. If your pet lifts up the leg or skips a few steps with the leg, you should slow the pace down until they are using the leg with each step.

4. **Passive Range of Motion/ Stretching** +/-

Each joint can be moved through a comfortable range of motion for 10 repetitions, 2 times per day. After doing range of motion, hold every 5th repetition at a stretch for 15 seconds in one direction, then the other. We recommend that you support the bones on either side of the joint you are manipulating. Try to make a smooth, slow motion with the limb and support the upper portion of the limb. This exercise can be demonstrated at your appointment. If you are unsure what is normal for this joint or limb on your pet, we recommend practicing on the other limb until you are comfortable.