

Eight-Week Post-Op Evaluation (Ortho)

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X-Ray Results:

- () The x-ray revealed that the bone has healed.
- () Additional healing of the bone needs to take place. Therefore, exercise still needs to be limited for _____ weeks.

Exercise:

- () The sling is no longer needed.
- () Your pet is only allowed to go outdoors for elimination purposes and must be kept on a leash for one more month.
- () Over the next month, gradually increase the length of the walks to a normal level.
 - **Please start with 5-10 minutes two to three times a day and work up to 15 minute walks on a leash during the next 2-4 weeks. Increase walks by 5 minute intervals each week until you are at your normal walk length. Jogging is not recommended for 2 months.
- () Jumping, running and playing with other pets is not permitted for one more month. Your pet can get on or off a bed or sofa at this time.
- () Exercise must be limited for _____ weeks. (Note: Athletes should not return to strenuous activities until five to six months after surgery.)

Rehabilitation Therapy

- () No additional therapy is needed.
- () Continue range of motion exercises for one more month. This involves fully extending and flexing the affected joint. Hold the joint for a maximal flexion and extension 3-5 seconds in each position. 20-30 repetitions should be done during each session. The goal is to be able to flex the limb similar to the normal limb.
- () Additional exercises were discussed. Please call if you have questions or concerns.

Follow up Evaluations:

- () No additional evaluations are needed unless your pet develops a problem with the operated limb.
- () Make an appointment to have the limb evaluated again in one month. Depending upon your pet, another x-ray may be needed at that time to evaluate the healing of the bone.