

## **Six-Week Post-Op Evaluation (Back)**

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### **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.
- ( ) 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.)
- ( ) Other:

### **Medications:**

- ( ) Pain relieving medications should be continued as directed.
- ( ) Pain relieving medications can be used as needed at this time. Please call if you have concerns that your pet is not walking as well or seems painful.
- ( ) Please restart the pain relieving medications as discussed.

### **Rehabilitation Therapy**

- ( ) No additional therapy is needed.
- ( ) Continue range of motion exercises for one more month. This involves fully extending and flexing the stifle joint. Hold the joints 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 for maximal range of motion.
- ( ) 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.
- ( ) Make an appointment to have an evaluation in 4-6 weeks.