

Two-Week Post-Op Evaluation (Back)

Susan Hodge, DVM, DACVS-SA

Exercise:

*** Continue exercise restrictions as previously discussed on the surgery discharge instructions.**

- The sling should still be used when it is wet or when going down any steps, however it can be removed once your pet is on good footing outside.
- Your pet is only allowed to go outdoors for elimination purposes and must be kept on a leash for 6 more weeks.
- Jumping, running and playing with other pets is not permitted for at least 6 more weeks.

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 using the leg or seems painful.
- Please restart the pain relieving medications as discussed.
- Other: _____

Rehabilitation Therapy

- No additional therapy is needed.
- Physical therapy sessions are recommended: Please let us know if physical therapy at another office is an option.
- Please start the additional exercises we reviewed today. Call if you have questions.
- Start or continue range of motion exercises for 6 more weeks. This involves fully extending and flexing the injured limb with movement in all joints. Hold the joint affected for a maximal flexion and extension for 3-5 seconds in each position. 20-30 repetitions should be done during each session. Following knee (stifle surgery), the goal is to be able to flex the knee (stifle) so that the tip of the ankle (hock) can touch the rump (hip).

Follow up Evaluations:

- Make an appointment with the doctor to re-evaluate your pet in 6-8 weeks.
- Radiographs/Blood work is recommended in _____ days/weeks.