



Post-Operative TPLO Guided Rehabilitation Exercises

We are commonly asked: What can I do about re-hab for my pet! This is a GREAT question, and undeniably that are procedures that have more predictable and linear/progressive improvement post-operatively with professionally guided rehabilitation. TPLO's are no exception!

Firstly, it should be pointed out – that in veterinary medicine we have certified, trained individuals that can and do provide this service, and it perhaps goes without saying: their expertise, training and skills are going to be vastly superior to anything available on-line, or in a handout.

Please check with your family veterinarian for options of Professional Rehabilitation and Alternative Therapy. A few resources are listed below but your family veterinarian may also be able to provide some of these services to you and your pet.

1. The Canine Rehabilitation Center. They are located at 2735 N Main St., Walnut Creek, CA 94597. Their phone number is 925-934-8042. <http://www.thek9rehabcenter.com/>
2. Holistic Veterinary Care. They are located at 4382 Piedmont Avenue, Oakland, CA 94611. Their phone number is 510-339-2600. <http://holisticvetcare.com/>

Cold Compress:

- Please cold compress the affected area every 6-8 hours for 10 minutes for the next 5-7 days.
- To do so, use a professionally made ice pack or bag of frozen peas, etc and place in a plastic bag.
- Wrap a small washcloth around this bag and then you may apply this directly over the site.

- Discontinue this treatment immediately if this causes your pet undue stress, anxiety or discomfort. If you perceive this to be painful, please let your veterinarian know immediately!

Activity:

- It is important that you keep your pet as quiet as possible for the next 6 weeks.
- Please keep separate from other dogs and cats.
- No running, jumping, rough housing, or free roaming.
- Only leash walks to go to the bathroom.
- Typically a large crate or small pen is the best
- Please ensure access to water at all times.
- The biggest risk is getting up and down. As much as possible, your pet should to be assisted with a sling to reduce the stress on the operated leg.
- If your pet is comfortable enough to stand this should not be discouraged but they may need help getting down to a lying down position

Rehabilitation Guidelines:

- After 4 weeks, please start with a 5 minute walk twice daily for 7 days and then increase by 5 minutes weekly until x-rays are performed at 6 weeks.
- After 6 weeks with radiographs that reveal good overall healing, the following protocol is recommended:
 - Inside the house, your pet may be off leash and no longer confined to a crate or small room.
 - Your pet may go up and down stairs but please limit this activity to 1-2 times per day.
 - When you go outside for the next 8 weeks, your pet must still be on a leash.
 - Week 7: Please increase to a 15 minute walk twice daily for 7 days.
 - Week 8: Please increase to a 20 minute walk twice daily for 7 days.
 - Week 9: Please increase to a 25 minute walk twice daily for 7 days.
 - Week 10 and on: Please keep to a 30-40 minute walk twice daily.
- After week 10 with radiographs that reveal excellent bone healing, your pet may be off leash.
 - It is common to have a mild worsening of lameness as we increase activity; however, if this lameness appears markedly worsened or does not resolve, please have your pet rechecked as soon as possible.
 - It is important to realize that most patients achieve their full return to function about 4-6 months after surgery and that with activity, a mild lameness may be present (may be secondary to osteoarthritis, muscle strain, etc).

Hind Limb Passive Range of Motion Exercises:

- Gently flex the back leg to the point of discomfort (back off at that point) and hold for 10 seconds.
- Then, completely extend and hold for 10 seconds.
- This constitutes one complete repetition.
- Please do 20 repetitions 3 times daily for 4 weeks starting 3 days after surgery.
- *Start this 3 days after surgery.*