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## POST-OPERATIVE PHYSICAL THERAPY FOR CRUCIATE LIGAMENT REPAIRS

- Prevent licking at the surgery site
- Please contact the hospital if any questions or problems arise
- A successful outcome is dependent upon the strict compliance of the owner and patient

### WEEK 1

1. Gently massage the thigh and lower leg muscles prior to physical therapy exercise.
2. Starting at the toes and working up the leg, perform passive range of motion (flexion/extension) to each of the joints. 10-30 reps performed on each joint **at least** twice daily. Don't forget to flex and extend the hip joint.

**Note:** Initially the knee will be painful and movement will be limited;  
However with time and diligence function should return quickly.

3. For the first three days, ice pack the knee for 5-10 minutes following physical therapy; a bag of frozen peas works very well.
4. Slow leash walks, less than 10 minutes, three times a day.
5. Continue medications as directed.
6. Recheck appointment for 1 week after the surgery.

### WEEK 2 & 3

1. Slowly decrease physical therapy during this time.
2. Slow leash walks (10-20 minutes) 2 to 3 times a day.
3. Continue massage to help with range of motion.
4. Recheck appointment to evaluate range of motion, limb girth and percent weight bearing.

### WEEK 4 & 5

1. Slow leash walks (20-30 minutes) 2 to 3 times a day.
2. Sit/Stand exercises 10 rep three times daily.
3. Figure-of-eight walks and circling to the left and the right.

### WEEK 6,7 & 8

1. Leash walks 30-40 minutes.
2. Incline walks (hills, ramps, etc.)
3. Stairs (slowly)
4. Tug-O-War
5. Swimming if possible.

### WEEK 9,10,11 & 12

1. Healing is complete.
2. Faster walks
3. Runs, straight only, no sharp turns.
4. Gradual return to FULL activity by the end of 12 weeks.