

Post-Operative Physical Therapy for F.H.O. Surgery

**Give medications as directed.*

**Limit activity for 4 weeks (on leash).*

**Please contact the hospital if any questions or problems arise*

Week 1 (at least twice daily)

- Ice the hip region for 5 minutes.
- Gentle massage of thigh and lower leg muscles.
- Flexion and extension of the joints starting at the toes and working up the leg.
- Gentle forward and back movement of the hip region.
- Slow leash walks.
- Recheck appointment 1 week post-op.

Week 2

- Continue range of motion exercises, and ice hip as necessary.
- Continue limited activity, increase to 15 minute walks.
- Warm towels can applied to the muscles if there is difficulty stretching.

Weeks 3 & 4

- Continue controlled exercise, at this point you are trying to regain muscle and strength.
- Repeated short duration exercises are best (e.g. circling, sit/stand, figure-of-eight, etc.)

Due to muscle atrophy, extensive physical therapy is necessary for a successful outcome. Most patients will permanently have an abnormal gait following this surgery. The purpose of this surgery is to attempt to decrease the severity of pain and increase ambulation.