

TPLO PHYSICAL REHAB PROTOCOL

POST-OP WEEK 1

1. Multiple short walks (5-10 min) on a short leash, 3x per day.
2. Passive range of motion (PROM)-10-15 reps, 3x per day
Slowly, do not force range.
3. Massage leg before and after PROM and walks.
4. Ice (15 min) 3x per day-after PROM and walks.
5. Problems to note: persistent swelling, acute pain identified by sharp yelps/cries; change in use of affected limb and or licking incision site-call 862-3178.

POST-OP WEEKS 2-3

1. Gradually progress therapeutic activities
 - A. Stop PROM/Massage
 - B. Multiple short walks (10-20 min) 3x per day.
 - C. Double the distance-use a short leash.
 - D. Limit by dog's response/tolerance.
2. Problems to note (see above)-call 862-3178.

Note: If increased fatigue, soreness or discomfort is noticed with increased distance, revert to previous level of activity.

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quality veterinary care
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POST-OP WEEK 4-5

1. Continue to progress therapeutic activity.
 - A. Slow leash walks (20-30 min) 3x per day to tolerance.
2. Begin functional strengthening.
 - A. Sit to stand-10 reps, 3x per day.
 - B. Figure 8 circles to the left and right at a walk.
 - C. Corner stands-with operated side against the wall.
 - D. Trotting on a longer leash in a straight line (no sharp turns or cuts).
3. Begin balance activities (balance board, figure of 8's, trampoline, couch cushion, blow-up mattress).

POST-OP WEEK 6-8

1. If leg is not fully healed, as indicated by x-ray (8 weeks), refer back to Post-op weeks 4-5.
2. Increase intensity/duration of therapeutic activities.
 - A. Leash walks on a longer leash (30-40 min) 3x per day to tolerance.
 - B. Cones at a walk.
 - C. Figure 8 trotting (no sharp turns).
 - D. Ramps (incline and decline)
 - E. Ascend/Descend stairs: 5-10 flights slowly (2-3x per day)
 - F. Swimming-no explosive entry.
 - G. Tug-O-War
 - H. Wheelbarrow
 - I. Trotting on a longer leash in a straight line (no sharp turns or cuts)
3. Continue balance activities.



POST-OP WEEKS 9-12

1. Therapeutic activities.
 - A. Zigzag trotting.
 - B. Running in a straight line.
2. Return to prior level of activity at the END of 12 weeks.

OUTCOMES

1. Stifle is free of inflammation.
2. Full range of motion at the stifle
3. Equal muscular development between affected and unaffected limb.
4. Osteotomy healing is complete.
5. Progression of osteoarthritis is halted.
6. Return to prior level of activity by post-op week 12.

If at any time during this healing and rehabilitation process you have questions or concerns about your pet's progress, please call us at (406) 862-3178.

Above info courtesy of Colorado Canine Sports Medicine/Rehabilitation Clinic

