

PHYSICAL REHABILITATION SCHEDULE

For instructions on how to perform Rehabilitation Treatments, please visit simonvetsurgical.com

✗ No stairs (though 1-3 is okay) ✗ No running ✗ No jumping ✗ No rough housing with other pets ✗ Do not let your pet off the leash

Use this physical rehabilitation schedule after you pet has had one of the following surgeries:

TPLO CBLO Lateral Suture MPL Fracture Repair Arthrodesis* External Fixation*

*These procedures are intensive. It is important to be VERY CAREFUL with your pet during physical rehabilitation, so as to not cause further injury and disrupt the healing process.

Rehabilitation Treatment	Day 1-3	Day 4-7	Week 2	Week 3	Week 4	Week 5	Week 6
Ice the Area	✓ <i>if there is no bandage</i>	✓					
Knee Joint Compression		✓					
Standing Balance		✓					
Sensory Input		✓					
Massage		✓	✓	✓			
Weight Shifts			✓				
Range of Motion			✓	✓			
Treats to Shoulder and Hip				✓	✓	✓	✓
Leash Walks				5 mins	10 mins	15 mins	20 mins
Proper Posture					✓	✓	✓
Sit to Stand					✓	✓	✓
Curb Walks					✓	✓	✓
Recheck Appointment		✓ <i>if there is a bandage</i>	✓				✓ <i>with x-rays</i>

✓ Your pet can resume full activity after their 6-week recheck

Use this physical rehabilitation schedule after you pet has had the following surgery:

FHO

Rehabilitation Treatment	Day 1-3	Day 4-7	Week 2	Week 3	Week 4
Massage	✓				
Sensory Input	✓				
Ice the Area	✓	✓			
Standing Balance	✓	✓			
Treats to Shoulder and Hip		✓			
Weight Shifts		✓	✓		
Range of Motion		✓	✓	✓	
Leash Walks		5 mins	10 mins	15 mins	20 mins
Proper Posture			✓	✓	✓
Sit to Stand			✓	✓	✓
Curb Walks				✓	✓
Recheck Appointment			✓		✓ <i>with x-rays</i>

✓ Your pet can resume full activity after their 4-week recheck

