

Come. Stay. Heal.

Our unique collaboration of veterinarians managing the medical needs of pets and licensed physical therapists leading therapy not only separates us from anyone in Southern California and beyond, but truly keeps your pet mobile and pain free while we educate you how to best maintain your pet's progress.

Our philosophy is that successful outcomes in pet rehabilitation go far beyond the use of technology, hydrotherapy, and therapy tools. Successful outcomes need a medical approach to problem solving and pain management conducted by professionals.



CUSTOM RECOVERY PROGRAMS

At California Animal Rehabilitation, we personalize each pet's recovery program. If you have questions or if you would like a customized treatment plan for your pet, please call to schedule an evaluation with one of our veterinarians certified in both canine rehabilitation and acupuncture.



California Animal Rehabilitation is the only pet rehabilitation clinic in Southern California utilizing both veterinarians and physical therapists certified in canine rehabilitation, creating the gold standard for pet therapy.



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Overnight CARE and CARE Fit services
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DISCLAIMER

Information about treatment and exercises are general in nature and do not cover all possible injuries or outcomes. The information is not intended as medical advice for individual problems or for making an evaluation with regard to the risks of any treatment. This brochure may contain only a portion of information relevant to your pet's circumstances. Use of any treatment or advice is solely at the user's own risk.



**CALIFORNIA ANIMAL
REHABILITATION**

The global industry leaders



*Post-Op Therapy
Recommendations
for Knees*

Post-Operative Knee Rehabilitation Plan

POST-OP: WEEKS 1 - 2

#1 Knee Joint Compressions

With your hands holding above and below the knee joint, apply gentle compressions to the joint. This motion helps with joint self-awareness and pain management.

FREQUENCY: 3X/day
HOLD TIME: 15 seconds
REPS: 5 SETS: 5



#2 Standing Balance

Place your pet in a normal standing position on a firm surface. Do not force weight bearing on the affected leg.

FREQUENCY: 10X/day
HOLD TIME: 15 seconds



#3 Sensory Input

Massage, brush, pet and tickle your pet often to provide sensory stimulation. Especially focus on stimulating the bottom of the affected paw.

FREQUENCY: 15X/day
LENGTH OF TIME: 30 seconds



#4 Retrograde Massage

Using both hands, gently massage or knead the muscles starting at the paw and working up to the surgery site for at least 5 minutes. Start with a light touch and gradually increase pressure.

FREQUENCY: 3X/day
DISCONTINUE: After 2-Weeks Post-Op



#5 Weight Shifts

Ask your pet to stand on a supportive, non-slippery surface. Gently rock them side-to-side pressing on the side of the hips and shoulder areas. The goal is for them to maintain a static standing position. You may push harder until they take a step for balance. Do not force weight bearing on the affected leg.

FREQUENCY: 5X/day
HOLD TIME: 15 seconds
REPS: 5 SETS: 5



#6 Knee Range-of-Motion

This exercise is best performed with your pet lying on their side. Hold your pet's thigh with one hand and below the knee with the other hand. Then gently and slowly bend the knee into flexion; next, extend the knee into a straight position. Stop and hold movement when your pet withdraws the limb, tenses muscle, increases breathing or changes body language as it may be an indication of pain.

FREQUENCY: 3X/day
HOLD TIME: 15 seconds
for each repetition
REPS: 5 SETS: 3



#7 Hip Extension (both hind limbs)

This exercise is best performed with your pet lying on their side. Stabilize their lower back with one hand and hold the front of the thigh with the other hand. Gently and slowly extend the hip towards a straight back position. Stop and hold movement when your pet withdraws the limb, tenses muscles, increases breathing, or changes body language as it may be an indication of pain.

FREQUENCY: 3X/day
HOLD TIME: 15 seconds for each repetition
REPS: 5 SETS: 3



#8 Ice the Knee

With knee elevated above the heart on a pillow, apply ice to the area after exercises and manual work. Place a pillowcase or dish towel between the fur and ice. For faster icing, moisten the towel. Do not get sutures/staples wet.

FREQUENCY: weeks 1-2 as often as possible;
then 3-5X/day for weeks 3-4
HOLD TIME: 15 Minutes



#9 Slow Leash Walks

Walk your pet very slowly on a level, supportive surface with a short, non-retractable leash. Praise correct placement of the involved leg. Discourage uncontrolled pulling jumping and running. A harness may be helpful to control your pet. Stop and do not progress the walking duration or distance if you notice that your pet limps more, holds their leg up, or sits or lies down and refuses to move forward while leash walking.

FREQUENCY: 5X/day
(Try to keep walks as short as possible)



POST-OP: WEEKS 3 - 4

Continue exercises from weeks 1-2 and introduce the following new exercises. You may increase slow leash walks to 5-10 minutes up to 5x/day as long as your pet does not exhibit signs of reluctance, pain, or persistent off weighting of affected leg.

#10 Treats to Shoulders & Hips

With your pet standing, have them reach for a treat while stretching towards the shoulders and hips. Each stretch should be performed separately. Do not let your pet step aside or walk in a circle to get to the treat. Your pet will soon learn the trick and have fun finding the treats, while gaining flexibility and core strength.

FREQUENCY: 3X/day
HOLD TIME: 15 seconds
REPS: 10 SETS: 3



#11 Unstable Surface

Have your pet balance on an unstable surface. Use a couch cushion or stability ball. Increase the difficulty by moving or bouncing on the unstable surface.

FREQUENCY: 3X/day
HOLD TIME: 15 seconds
REPS: 3 SETS: 3



#12 Proper Posture

Whenever your pet is sitting or lying, ensure their limbs are properly placed underneath them, rather than leaning sideways or having one leg out to the side. The best way to correct this "bad posture" is to slide the leg over into the proper location. Praise this posture. It's helpful to have your pet sit with the affected leg against a wall for support.

FREQUENCY: Correct daily



#13 Sit-to-Stands

Ask your pet to sit on a supportive, non-slippery surface. Correct their sitting position to make their legs as symmetrical as possible. Next, ask your pet to stand. Repeat the drill, asking them to slowly sit, then slowly stand again. You may have to gently hold the paw of the affected leg down on the floor in the beginning as your pet goes from sit to stand, which will encourage weight-bearing through that leg.

FREQUENCY: 3X/day
REPS: 3 SETS: 3

