

Exercise Instructions following TPLO (6-12 weeks)

Your vet has sent us x-rays of your dog taken approximately 6 weeks after the TPLO surgery. The x-rays show that the cut in the bone is healing satisfactorily and that there are no problems with the metal implants.

I hope your dog has been progressing well. At this stage after surgery it is normal for there still to be some evidence of lameness in the operated leg, but this should continue to improve over the next 6 weeks.

The aim for exercise over the next 6 weeks is to gradually increase the amount of exercise back to normal. If your dog's rehabilitation is being supervised by a physiotherapist then I am happy for you to follow whatever exercise plan they have provided. Otherwise I would suggest the following plan.

If you have been using a crate at home it is no longer necessary to confine your dog to a crate.

Week 7: 15 minutes on the lead twice daily

Week 8: 20 minutes on the lead twice daily

Week 9: 25 minutes on the lead twice daily

Week 10: 30 minutes on the lead twice daily

Week 11-12: Start using extending lead to give more freedom – continue 30 minutes twice daily. You can introduce uphill work to increase the work of the back legs

If you have continued to see improvement with no increase in lameness, then after week 12 you can return to normal off-lead exercise

Throughout this period, you should continue to avoid any off-lead running/jumping.

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