

## Cruciate Ligament Repair Post-Op Activity Guide

- Post-Op Week 1-2**
1. Slow walking on short leash to urinate or defecate.
  2. Passive Range of Motion (PROM) exercises- 10-15 reps, 3x/day slowly.
  3. Massage leg (from toes to hip) before and after both walks and PROM.
  4. Ice surgical area 15 min 3x/day after walks and PROM
  5. starting day 6 apply a warm compress 10-15 min before massage and PROM.
- If at any time the warm compress increases swelling, return to ice only.
- Post-Op Week 3-4**
1. Therapeutic activities are progressed slowly.
    - Continue PROM and massage as needed.
    - Multiple short, slow walks- (5-15 min) 3x/day, to tolerance.
    - Begin walking on inclines when there is consistent use of the leg.
  2. Use warm compress before PROM and walking and then ice after activity.
- Post-Op Weeks 5-7**
1. Continue to progress slow leash walks (10-20 min) 3x/day, to tolerance.
  2. Ascend/ Descend stairs in controlled fashion.
  3. May initiate straight line trotting on a long lead.
- Post-Op Weeks 8-12**
1. Increase intensity/duration of leash walks: 20-30 min on long lead 3x/day, to tolerance.
  2. Gradually introduce and return to off-leash activity.
  3. Begin running in straight line on long lead.
  4. Return to prior level of activity at end of 12 weeks.