



Exceptional Care, Every Patient, Every Time

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POST-OPERATIVE PHYSICAL THERAPY FOR PATELLAR LUXATION REPAIRS

***No jumping for 6 weeks**

***Prevent licking at the surgery site**

***Please contact the hospital if any questions or problems arise**

***A successful outcome is dependent upon the strict compliance of the owner and patient**

WEEK 1

1. Gently massage the thigh and lower leg muscles prior to physical therapy exercises.
2. Starting at the toes and working up the leg, perform passive range of motion (flexion/extension) to each of the joints. 10 – 30 reps performed on each joint **at least** twice daily. Don't forget to flex and extend the hip joint.
Note: initially the knee will be painful and movement will be limited; however with time and diligence function should return quickly.
3. For the first three days, ice pack the knee for 5 – 10 minutes following physical therapy; a bag of frozen peas works very well.
***After 3 days stop the ice packs and start placing warm towels on the leg.
4. Slow leash walks, less than 10 minutes, three times a day.
5. Continue medications as directed.
6. Recheck appointment for 1 week after the surgery.

WEEK 2 & 3

1. Slowly decrease physical therapy during this time.
2. Slow leash walks (10 –20 minutes) three times daily.
3. Continue massage to help with range of motion.
4. Recheck appointment to evaluate range of motion, limb girth and percent weight bearing.

WEEK 4 & 5

1. Slow leash walks (20 –30 minutes) 2 to 3 times a day.
2. Sit/Stand exercises 10 reps three times daily.
3. Figure-of-eight walks and circling to the left and the right.