



*Exceptional Care, Every Patient, Every Time*

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## **POST-OPERATIVE PHYSICAL THERAPY FOR F.H.O. SURGERY**

**\*Give medications as directed.**

**\*Limit activity for 4 weeks (on leash).**

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

### **Week 1** (at least twice daily)

1. Ice the hip region for 5 minutes.
2. Gentle massage of thigh and lower leg muscles.
3. Flexion and extension of the joints starting at the toes and working up the leg.
4. Gentle forward and back movement of the hip region.
5. Slow leash walks.
6. Recheck appointment 1 week post-op.

### **Week 2**

1. Continue range of motion exercises, and ice hip as necessary.
2. Continue limited activity, increase to 15 minute walks.
3. Warm towels can be applied to the muscles if there is difficulty stretching.

### **Weeks 3 & 4**

1. Continue controlled exercise, at this point you are trying to regain muscle and strength.
2. Repeated short duration exercises are best (e.g. circling, sit/stand, figure-of-eight, etc.)

**Due to muscle atrophy, extensive physical therapy is necessary for a successful outcome.**

**Most patients will permanently have an abnormal gait following this surgery. The purpose of this surgery is to attempt to decrease the severity of pain and increase ambulation.**