



TPLO Rehabilitation Protocol

Continue with the previous stretches and start with:
Every day twice a day:

- 1) **Digit stretch** – hold each toe/digit up for 5-10 seconds, 5-10 times each.
- 2) **Achilles stretch** – bend knee, hold foot and bring gently towards knee, hold 5-10 seconds, 5-10 times.

In one week from today, **3 weeks after surgery**, start gentle strengthening:
Everyday twice a day:

- 1) **Walk over legs** - start with 5 times and work up to 20 times.

At **4 weeks after surgery**, two weeks from today

- 1) **Back ups** - Start with 3 times and work up to 10 times. Keep treat under chest and not overhead.

At **5 weeks after surgery**, three weeks from today:

- 1) **Doggie Squats** - start with 5 times work up to 10 times then gradually up to 25 times over the next 4 weeks.
- 2) **Proper sit with front limb lifts** - Start with 5 times each limb and work up to 15-20 times. (Pretty sit with “shake hand”).

At **6 weeks** after surgery, four weeks from today:

- 1) **Standing with front leg lifts** - hold 5 seconds 5 times each limb, work up to 10-15 times each leg. (Standing “shakes”).

At **7 weeks** after surgery:

- 1) **Stand with front limbs on step**, -hold 10-20 seconds, and build time.

At **8 weeks** after surgery:

- 1) If exercise above at 7 weeks is easy, **add** front limb lifts.

Written by Carol Wasmucky (571) 213-2624. Call with any questions.



TPLO/CCL Reconstruction Protocol Week 2

Digit stretch: Using your thumb or finger on the pad gently push until you feel resistance and hold for 5 seconds, do this on each digit/ toe. Repeat 10 times and perform 2 times a day.



Achilles Stretch: Bend knee and hold, bend ankle; gently bringing toes toward knee until you feel resistance, hold 5-10 seconds. Repeat 10 times, perform 2 times a day.





Week 3

Walk over legs – Slowly lead your dog with kibble or a treat, having him/her step over your legs with one leg at a time. **NO HOPPING**. Start with 5 times and work up to 20.



Week 4

Back ups - Start with 3 times and work up to 10 times. Keep treat under chest, NOT overhead.





Week 5

Doggie Squats - *Sit, come, sit, come.* Get up as soon as they get down. Try not to get into a sloppy sit. Start with 5 times work up to 10 times then gradually up to 25 times over the next 4 weeks



Sit and Shake Hands – “Pretty sit” and shake hands, left and right. Start with 5 times each limb and work up to 15 -20 times.





Week 6

Stand with front leg lifts/shakes - stand with left and right shakes. Hold each 5 seconds.

Start with 5 times each limb, work up to 10-15 times each leg.



Week 7

Stand with front legs on step - hold 10-20 seconds, and build up time to 60 seconds.

If this exercise is too easy, move on to the next exercise for week 8, front legs on step with shake.



Week **6**

Stand with front feet on step shake hands, left and right.

Start with 5 second hold and 5 repetitions on each side, build up to 10-15 repetitions on each leg.

