

Week 1	Session 1 - Morning	Session 2 - Afternoon	Session 3 - Evening
Incision check	Day 1 _____ Day 2 _____ Day 3 _____ Day 4 _____ Day 5 _____ Day 6 _____ Day 7 _____		Day 1 _____ Day 2 _____ Day 3 _____ Day 4 _____ Day 5 _____ Day 6 _____ Day 7 _____
<p>Send a photo to drwood@smallanimalsurgeon.com if BOTH A and B are true:</p> <p>A. <input type="checkbox"/> Any problem with incision healing</p> <p>B. <input type="checkbox"/> Incision opening AND <input type="checkbox"/> discharge OR ≥ 2 of <input type="checkbox"/> Redness <input type="checkbox"/> Pain <input type="checkbox"/> Heat <input type="checkbox"/> Swelling</p>			
Massage 5 minutes	Day 1 _____ Day 2 _____ Day 3 _____ Day 4 _____ Day 5 _____ Day 6 _____ Day 7 _____	Day 1 _____ Day 2 _____ Day 3 _____ Day 4 _____ Day 5 _____ Day 6 _____ Day 7 _____	Day 1 _____ Day 2 _____ Day 3 _____ Day 4 _____ Day 5 _____ Day 6 _____ Day 7 _____
Passive ROM x 5 each movement	Day 1 _____ Day 2 _____ Day 3 _____ Day 4 _____ Day 5 _____ Day 6 _____ Day 7 _____	Day 1 _____ Day 2 _____ Day 3 _____ Day 4 _____ Day 5 _____ Day 6 _____ Day 7 _____	Day 1 _____ Day 2 _____ Day 3 _____ Day 4 _____ Day 5 _____ Day 6 _____ Day 7 _____
Tripod Balance Lift each front leg 3 x 10 sec.	Day 1 _____ Day 2 _____ Day 3 _____ Day 4 _____ Day 5 _____ Day 6 _____ Day 7 _____	Day 1 _____ Day 2 _____ Day 3 _____ Day 4 _____ Day 5 _____ Day 6 _____ Day 7 _____	Day 1 _____ Day 2 _____ Day 3 _____ Day 4 _____ Day 5 _____ Day 6 _____ Day 7 _____
Leash walks for toileting	As needed		


Exercise Photos, Descriptions & FAQs


Scan the QR code using the camera on your phone or go to **smallanimalsurgeon.com/faqs**



Common Questions

- My pet hasn't had a bowel movement yet.
- My pet has swelling around the ankle. Is this normal?
- Can my dog be bathed/groomed after surgery?
- My dog got away from me and ran around and now is limping. What happened?

Week 2	Session 1 - Morning	Session 2 - Afternoon	Session 3 - Evening
Incision check	Day 1 ____ Day 2 ____ Day 3 ____ Day 4 ____ Day 5 ____ Day 6 ____ Day 7 ____		Day 1 ____ Day 2 ____ Day 3 ____ Day 4 ____ Day 5 ____ Day 6 ____ Day 7 ____
<p>Send a photo to drwood@smallanimalsurgeon.com if BOTH A and B are true:</p> <p>A. <input type="checkbox"/> Any problem with incision healing</p> <p>B. <input type="checkbox"/> Incision opening AND <input type="checkbox"/> discharge OR ≥ 2 of <input type="checkbox"/> Redness <input type="checkbox"/> Pain <input type="checkbox"/> Heat <input type="checkbox"/> Swelling</p>			
Massage	Day 1 ____ Day 2 ____ Day 3 ____ Day 4 ____ Day 5 ____ Day 6 ____ Day 7 ____	Day 1 ____ Day 2 ____ Day 3 ____ Day 4 ____ Day 5 ____ Day 6 ____ Day 7 ____	Day 1 ____ Day 2 ____ Day 3 ____ Day 4 ____ Day 5 ____ Day 6 ____ Day 7 ____
Passive ROM x 5 each movement	Day 1 ____ Day 2 ____ Day 3 ____ Day 4 ____ Day 5 ____ Day 6 ____ Day 7 ____	Day 1 ____ Day 2 ____ Day 3 ____ Day 4 ____ Day 5 ____ Day 6 ____ Day 7 ____	Day 1 ____ Day 2 ____ Day 3 ____ Day 4 ____ Day 5 ____ Day 6 ____ Day 7 ____
Tripod Balance Lift non-surgical hind leg 5 x 15 seconds	Day 1 ____ Day 2 ____ Day 3 ____ Day 4 ____ Day 5 ____ Day 6 ____ Day 7 ____	Day 1 ____ Day 2 ____ Day 3 ____ Day 4 ____ Day 5 ____ Day 6 ____ Day 7 ____	Day 1 ____ Day 2 ____ Day 3 ____ Day 4 ____ Day 5 ____ Day 6 ____ Day 7 ____
Hip Sway 3 x 30 seconds	Day 1 ____ Day 2 ____ Day 3 ____ Day 4 ____ Day 5 ____ Day 6 ____ Day 7 ____	Day 1 ____ Day 2 ____ Day 3 ____ Day 4 ____ Day 5 ____ Day 6 ____ Day 7 ____	Day 1 ____ Day 2 ____ Day 3 ____ Day 4 ____ Day 5 ____ Day 6 ____ Day 7 ____
Leash walks for toileting	AS NEEDED		
<p>Exercise Photos, Descriptions & FAQs</p> <p>Scan the QR code using the camera on your phone or go to smallanimalsurgeon.com/faqs</p>			

Week 3	Session 1 - Morning	Session 2 - Afternoon	Session 3 - Evening
Leash walking 5 minutes	Day 1 ____ Day 2 ____ Day 3 ____ Day 4 ____ Day 5 ____ Day 6 ____ Day 7 ____	Day 1 ____ Day 2 ____ Day 3 ____ Day 4 ____ Day 5 ____ Day 6 ____ Day 7 ____	Day 1 ____ Day 2 ____ Day 3 ____ Day 4 ____ Day 5 ____ Day 6 ____ Day 7 ____
<p>Keep the walks controlled: no chasing, jumping, trotting, or running. Watch to be sure your dog is using the surgical leg each time. If they pick it up and walk on 3 legs, you may be walking too fast Use a short leash and walk slowly. No Flexi leashes yet.</p>			
Passive Range of Motion Bicycle Riding 10 X	Day 1 ____ Day 2 ____ Day 3 ____ Day 4 ____ Day 5 ____ Day 6 ____ Day 7 ____	Day 1 ____ Day 2 ____ Day 3 ____ Day 4 ____ Day 5 ____ Day 6 ____ Day 7 ____	Day 1 ____ Day 2 ____ Day 3 ____ Day 4 ____ Day 5 ____ Day 6 ____ Day 7 ____
Tunnel Squats x 10 reps	Day 1 ____ Day 2 ____ Day 3 ____ Day 4 ____ Day 5 ____ Day 6 ____ Day 7 ____	Day 1 ____ Day 2 ____ Day 3 ____ Day 4 ____ Day 5 ____ Day 6 ____ Day 7 ____	Day 1 ____ Day 2 ____ Day 3 ____ Day 4 ____ Day 5 ____ Day 6 ____ Day 7 ____
<p>Surgical leg against the wall/solid structure Most owners give too much room for their dogs. Your dog should be sitting square, not off to one side Please follow the link below to videos of previous</p>			
Tunnel Back Ups x 3	Day 1 ____ Day 2 ____ Day 3 ____ Day 4 ____ Day 5 ____ Day 6 ____ Day 7 ____	Day 1 ____ Day 2 ____ Day 3 ____ Day 4 ____ Day 5 ____ Day 6 ____ Day 7 ____	Day 1 ____ Day 2 ____ Day 3 ____ Day 4 ____ Day 5 ____ Day 6 ____ Day 7 ____
<p>Exercise Photos, Descriptions & FAQs</p> <p>Scan the QR code using the camera on your phone or go to smallanimalsurgeon.com/faqs</p>			

Week 4	Session 1 - Morning	Session 2 - Afternoon
Leash walking, include curb walking 10 minutes	Day 1 ____ Day 2 ____ Day 3 ____ Day 4 ____ Day 5 ____ Day 6 ____ Day 7 ____	Day 1 ____ Day 2 ____ Day 3 ____ Day 4 ____ Day 5 ____ Day 6 ____ Day 7 ____
Tunnel Squats and Back-ups x3	Day 1 ____ Day 2 ____ Day 3 ____ Day 4 ____ Day 5 ____ Day 6 ____ Day 7 ____	Day 1 ____ Day 2 ____ Day 3 ____ Day 4 ____ Day 5 ____ Day 6 ____ Day 7 ____
Big Circles 3 X each direction	Day 1 ____ Day 2 ____ Day 3 ____ Day 4 ____ Day 5 ____ Day 6 ____ Day 7 ____	Day 1 ____ Day 2 ____ Day 3 ____ Day 4 ____ Day 5 ____ Day 6 ____ Day 7 ____

Week 5	Session 1 - Morning	Session 2 - Afternoon
Leash walking, include curb walking 15 minutes	Day 1 ____ Day 2 ____ Day 3 ____ Day 4 ____ Day 5 ____ Day 6 ____ Day 7 ____	Day 1 ____ Day 2 ____ Day 3 ____ Day 4 ____ Day 5 ____ Day 6 ____ Day 7 ____
Target Back-ups x 5	Day 1 ____ Day 2 ____ Day 3 ____ Day 4 ____ Day 5 ____ Day 6 ____ Day 7 ____	Day 1 ____ Day 2 ____ Day 3 ____ Day 4 ____ Day 5 ____ Day 6 ____ Day 7 ____
Big Circles 3 X each direction	Day 1 ____ Day 2 ____ Day 3 ____ Day 4 ____ Day 5 ____ Day 6 ____ Day 7 ____	Day 1 ____ Day 2 ____ Day 3 ____ Day 4 ____ Day 5 ____ Day 6 ____ Day 7 ____

Week 6	Session 1 - Morning	Session 2 - Afternoon
Leash walking, include curb walking 20 minutes	Day 1 ____ Day 2 ____ Day 3 ____ Day 4 ____ Day 5 ____ Day 6 ____ Day 7 ____	Day 1 ____ Day 2 ____ Day 3 ____ Day 4 ____ Day 5 ____ Day 6 ____ Day 7 ____
Tunnel Squats and Back-ups x3	Day 1 ____ Day 2 ____ Day 3 ____ Day 4 ____ Day 5 ____ Day 6 ____ Day 7 ____	Day 1 ____ Day 2 ____ Day 3 ____ Day 4 ____ Day 5 ____ Day 6 ____ Day 7 ____
Small Circles & Figure 8's 5 x each direction	Day 1 ____ Day 2 ____ Day 3 ____ Day 4 ____ Day 5 ____ Day 6 ____ Day 7 ____	Day 1 ____ Day 2 ____ Day 3 ____ Day 4 ____ Day 5 ____ Day 6 ____ Day 7 ____

Week 7	Session 1 - Morning	Session 2 - Afternoon
Leash & curb walking 25 minutes	Day 1 ____ Day 2 ____ Day 3 ____ Day 4 ____ Day 5 ____ Day 6 ____ Day 7 ____	Day 1 ____ Day 2 ____ Day 3 ____ Day 4 ____ Day 5 ____ Day 6 ____ Day 7 ____
Figure 8 progression: Tighter, faster, through the legs	Day 1 ____ Day 2 ____ Day 3 ____ Day 4 ____ Day 5 ____ Day 6 ____ Day 7 ____	Day 1 ____ Day 2 ____ Day 3 ____ Day 4 ____ Day 5 ____ Day 6 ____ Day 7 ____
Unsteady Squats 5X	Day 1 ____ Day 2 ____ Day 3 ____ Day 4 ____ Day 5 ____ Day 6 ____ Day 7 ____	Day 1 ____ Day 2 ____ Day 3 ____ Day 4 ____ Day 5 ____ Day 6 ____ Day 7 ____

Week 8	Session 1 - Morning	Session 2 - Afternoon
Leash & curb walking 30 minutes	Day 1 ____ Day 2 ____ Day 3 ____ Day 4 ____ Day 5 ____ Day 6 ____ Day 7 ____	Day 1 ____ Day 2 ____ Day 3 ____ Day 4 ____ Day 5 ____ Day 6 ____ Day 7 ____
Unsteady Squats - change surfaces regularly 5 X	Day 1 ____ Day 2 ____ Day 3 ____ Day 4 ____ Day 5 ____ Day 6 ____ Day 7 ____	Day 1 ____ Day 2 ____ Day 3 ____ Day 4 ____ Day 5 ____ Day 6 ____ Day 7 ____
Stairs 1 minute	Day 1 ____ Day 2 ____ Day 3 ____ Day 4 ____ Day 5 ____ Day 6 ____ Day 7 ____	Day 1 ____ Day 2 ____ Day 3 ____ Day 4 ____ Day 5 ____ Day 6 ____ Day 7 ____

Week 9	Session 1 - Morning	Session 2 - Afternoon
Walking	Unlimited from this point onward	
<p><u>If X-Rays show the leg was NOT healed:</u></p> <ul style="list-style-type: none"> - NO trotting/off-leash activity - Repeat Week 9 until X-Ray clearance. - Do NOT start Week 10+ rehab exercises until X-Ray Clearance <p><u>If X-Rays showed the bone has healed: add in some trotting to the walks/off-leash</u></p> <p>Start slowly, since trotting puts more force on the knee than walking. You can mix short trots into your daily walks using the “telephone pole” method - walk to the first pole, trot to the second, walk to the third, and so on.</p> <p>Increase trotting a little each day. Watch to make sure they’re not bunny hopping or running instead.</p> <p>If you can’t walk fast enough, use a long Flexi leash so your dog can trot ahead while you walk, or let them trot toward and away from you in a safe, enclosed area (with no squirrels to chase!).</p>		
Stairs 1 minute	Day 1 ____ Day 2 ____ Day 3 ____ Day 4 ____ Day 5 ____ Day 6 ____ Day 7 ____	Day 1 ____ Day 2 ____ Day 3 ____ Day 4 ____ Day 5 ____ Day 6 ____ Day 7 ____
Hills Straight Up, Zig Zag down Sideways along hill 1 minute each	Day 1 ____ Day 2 ____ Day 3 ____ Day 4 ____ Day 5 ____ Day 6 ____ Day 7 ____	Day 1 ____ Day 2 ____ Day 3 ____ Day 4 ____ Day 5 ____ Day 6 ____ Day 7 ____

Week 10	Session 1
Hills Straight up, zigzag down. 1 min. each Sideways . 1 min. each	Day 1 ____ Day 2 ____ Day 3 ____ Day 4 ____ Day 5 ____ Day 6 ____ Day 7 ____
Ball Toss Hold and Release 5 tosses	Day 1 ____ Day 2 ____ Day 3 ____ Day 4 ____ Day 5 ____ Day 6 ____ Day 7 ____
Tug of War Forward, backward, side to side 1 minute	Day 1 ____ Day 2 ____ Day 3 ____ Day 4 ____ Day 5 ____ Day 6 ____ Day 7 ____

Week 11	Session 1
Ball Toss Hold and Release, farther throws 5 tosses	Day 1 ____ Day 2 ____ Day 3 ____ Day 4 ____ Day 5 ____ Day 6 ____ Day 7 ____
Tug of War Forward, backward, side to side 1-2 minutes	Day 1 ____ Day 2 ____ Day 3 ____ Day 4 ____ Day 5 ____ Day 6 ____ Day 7 ____
Jumping up/on 5 X	Day 1 ____ Day 2 ____ Day 3 ____ Day 4 ____ Day 5 ____ Day 6 ____ Day 7 ____

Week 12	Session 1
Hills Straight Up, Zig Zag down Sideways along hill 1 minute each	Day 1 ____ Day 2 ____ Day 3 ____ Day 4 ____ Day 5 ____ Day 6 ____ Day 7 ____
Figure 8 progression: Tighter, faster, through the legs	Day 1 ____ Day 2 ____ Day 3 ____ Day 4 ____ Day 5 ____ Day 6 ____ Day 7 ____
Unsteady Squats - change surfaces regularly 5 X	Day 1 ____ Day 2 ____ Day 3 ____ Day 4 ____ Day 5 ____ Day 6 ____ Day 7 ____

Your dog's knee will keep healing for several more months—it actually takes about a full year to completely heal. That doesn't mean you have to limit their activity for that long, but it's important to remember the joint is still changing during this time.

If your dog is mainly a pet and you just want them to walk and play like before, your rehab program can end this week. You won't need a strict routine anymore, but keeping your dog strong will help prevent the other ACL from tearing. Staying fit and at a healthy weight is critical for joint health.

I recommend doing 10 minutes of strength training each day. Walking is great for overall fitness, but it doesn't build strength. Choose your favorite exercises from the past 12 weeks and keep doing them. Before each meal, spend a few minutes doing 3 of these exercises (**the exercise I recommend are those chosen above in the Week 12 Checklist**). It's quick, easy, and your dog will love the attention.