Tibial Plateau Leveling Osteotomy Rehabilitation Instructions

Activity & Exercise – Gradually increase your dog's activity over the course of 4 to 6 weeks to build back up to a normal activity level and help prevent soreness.

1. **Leash walks:** 10-15 minutes for the 1st week, then increase by 5 minutes each week.
   - Vary the surface to increase range of motion, and do figure of 8s (decrease size weekly.)
   - Add 30 seconds of running/jogging intervals during walks. Increase the number or length of the intervals by 30 seconds each week.
   - Add hills and stairs. Start with a few, and increase as your dog's stamina increases.

2. **Off-leash activity:** 5-10 minutes daily on an even surface for the 1st week, then increase by 5 minutes each week. No playing with other dogs until after 4 weeks.

3. **Rehabilitation exercises:** 5-10 repetitive sit-to-stand exercises 2-3 times weekly on nonconsecutive days for the 1st week.
   - Add 5 repetitions each week to improve hind leg muscle mass and strength.
   - Encourage your dog to sit squarely (sitting in a corner may help with this.)

4. **Swimming:** start with 5-10 minutes, 2-3 times weekly for the 1st week, then increase by 5 minutes each week.

5. Cold compress your dog's knee for 10 minutes after activity or if lameness develops.

Medication – A non-steroidal anti-inflammatory medication (i.e. Rimadyl, Metacam, or Previcox) may be given on days when activity is increased or if your dog seems stiff or sore.

Diet – Continue to feed your dog a complete and balanced diet. Preventing weight gain and promoting weight loss is strongly encouraged to significantly reduce the progression of osteoarthritis.

Monitor – Please call or schedule a recheck exam anytime you have concerns regarding your dog's recovery. If your dog exhibits any of the following symptoms, please schedule a recheck exam as soon as possible:
- Worsening lameness or suddenly not bearing weight on the operated limb.
- Pain, swelling, or inflammation of the surgery site or operated limb.