

Fracture Repair

Eight-Week Post-Op Evaluation

Patient: _____

Date: _____

Exercise

- Over the next month, gradually increase the duration of the walks to a normal level.
 - Three walks per day are permitted. Start with 15-minute walks and gradually increase to 30- minute walks over the next month.
 - If lameness is noted during or after walking, decrease the duration of the walk by 50%, and then increase the length of the walk more slowly.
 - Jumping, running, and playing with other pets are not permitted for 1 more month.
 - Your companion now can jump on surfaces that are no higher than 2 feet in large dogs and 1 foot in small dogs
 - Climbing stairs is permitted.
 - After one month, all restrictions can be lifted (off leash activity is then allowed).
- Limit exercise to _____ minute walks three times daily for 6 weeks.
- No leash walks are permitted other than what is necessary for urination and bowel movements for _____ weeks. Jumping, running, unattended stair climbing and playing with other pets are not permitted during this time.
- All exercise restrictions can be lifted.

Cast/bandage

- No bandage/cast is needed.
- A cast/bandage has been applied today. Twice daily, please check the toes for swelling (if there is no swelling the middle two toe nails will touch each other) and coldness. Other warning signs of a problem include a foul odor, discharge, increased lameness or excessive licking or chewing at the bandage. Please note that a new bandage/cast will feel strange to your pet initially, but he/she will typically get used to it within 12 hours. If your pet continues to be uncomfortable, please return to us to have the bandage replaced. If any problems are noted, please give us a call.
- The cast/bandage should be changed in _____ weeks.

Rehabilitation

- Application of warm and cold compresses can be discontinued.
- Range of motion exercises should be performed twice daily for _____ weeks. This involves fully extending and flexing the joints above and below the bone that was repaired. Hold the joints in maximal flexion and extension for 3 seconds in each position. Twenty repetitions should be done during each session.
- No additional therapy is needed.

Radiographic Evaluation

- X-rays indicated that the fracture has healed.
- X-rays indicate that the fracture has progressive, but incomplete healing. Therefore, exercise still needs to be limited for another 6 weeks (as stated above). Please make an appointment to have x-rays made of the knee to evaluate healing of the bone in _____ weeks from now.
- X-rays indicate that the fracture is not healing and additional surgery is needed.