

## Eight Week Fracture Recheck Patient Care Instructions (Cat)

Patient: \_\_\_\_\_

Date: \_\_\_\_\_

### Exercise

- Over the next month, gradually increase exercise
  - Your pet can now have free range of the entire house.
  - Jumping, running, and rough 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
  - Climbing stairs is permitted.
  - After one month, all restrictions can be lifted (off leash activity is then allowed).
  - Your cat should remain indoors for life.
- Limit exercise to a small room for 6 weeks
  - Jumping, running, unattended stair climbing and playing with other pets are not permitted during this time.
  - All exercise restrictions can be lifted.

### 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 shoulder, elbow and carpus. 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.

### Additional Evaluation/Treatment

- Make an appointment to have the limb evaluated and x-rayed in \_\_\_\_\_ weeks.
- No additional evaluations are needed.
- Please schedule additional surgery.

Copyright www.animalsurgicalcenter.com