



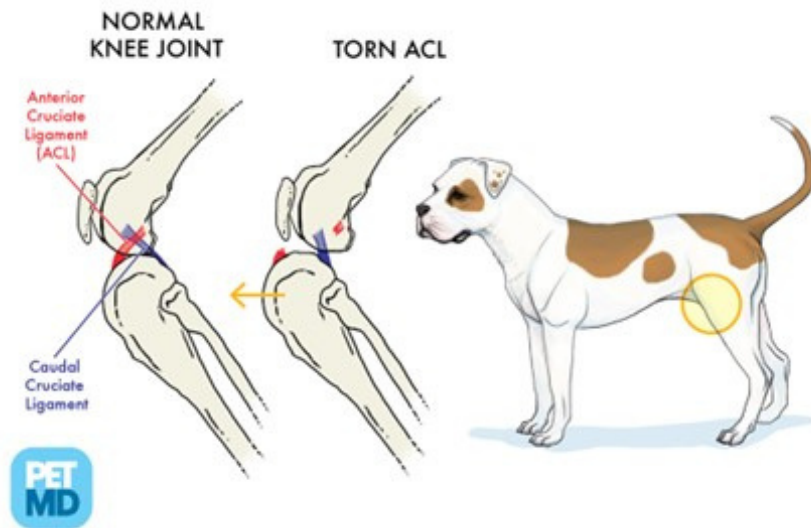
Cruciate repair

What I need to know

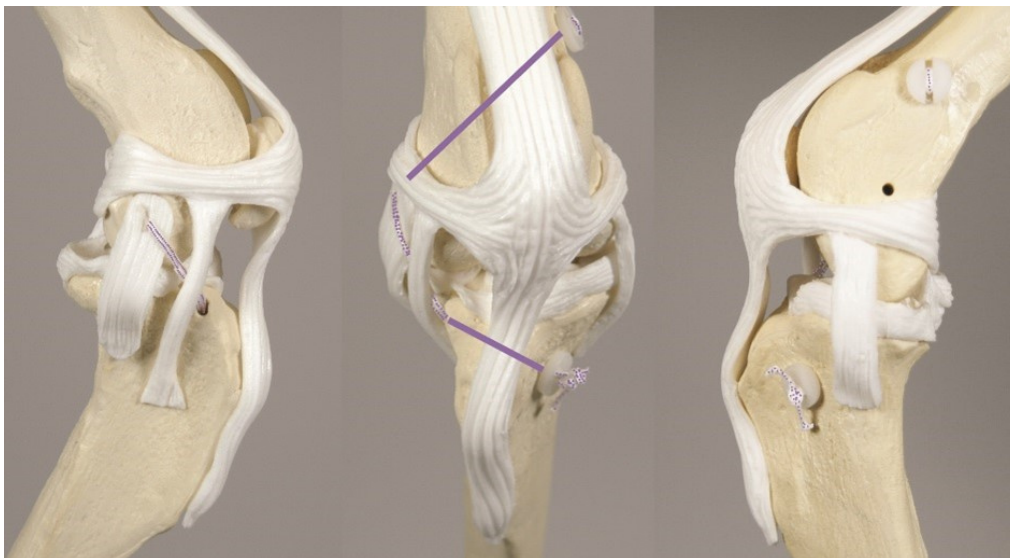
What is a Cruciate?

Your dog has a ligament in their knee joint called a Cranial Cruciate Ligament, or CCL. It is the equivalent to an ACL in a human and can rupture or tear just the same as it can in people. This is a painful injury and will make the joint unstable.

Often, surgery is the best option for your dog to repair the ligament and allow them to return to a healthy if not normal level of movement.



Veterinary surgeons have several techniques they use for this surgery and Heather will select the best surgical option for your dogs' level of injury. The photo is the most common technique used by our Veterinarian



What do I need at home after my dogs surgery?

The rest your dog has after surgery is just as important as the surgery itself. It can be detrimental to the level of recovery your dog achieves in the long term.

Things to prepare:

- A crate, pen or small room
- Your dog needs to be strictly confined in a warm area where they cannot run or jump. They will need access to food and water in this area.

Thick padded bedding

• Your dog is going to effectively be on bed rest, this means that they will need a thick layer of padded bedding to keep them comfortable during their recovery.

- Layers of duvets or blankets on or under a dog bed are good for extra comfort.



Non-slip Floors

- If your dog will have to walk over any hard surfaces it is a good idea to cover them so that they become non slip. Yoga mats can be a good cost effective option. You can also get non slip dog booties.

Stairs

- Your dog will not be allowed to use stairs, so if there are any that are unavoidable in your house you will have to think about how best to negotiate this. If your dog is small you will have to carry them up and down. If your dog is too large to carry safely, it's a good idea to look into a proper lifting harness so that you can provide the appropriate support.

Travelling in the car

- If your dog doesn't usually sit still in the car it is a good idea to invest in either a seatbelt harness or a cage/crate to keep them restricted during travel.

Weight management and supplements

- When your dog is on strict rest their dietary requirements decrease. Weight gain after an orthopaedic surgery will put more pressure on the joint that is trying to heal and inhibit recovery. Because they are doing little to no exercise their food intake should be decreased by 1/3 to 1/2 of their normal amount.
- Joint supplements and diets will aid recovery. They provide nutritional support to recovering joint, can help speed up recovery and are great for preventing deterioration of the joint/s further down the track.
- The team can talk you through supplement options and discuss which option is best for you and your dog.

Physiotherapy

We highly recommend booking your dog in for professional physiotherapy. Just like for us, physio is a great aid to get the best recovery.

Nurse physiotherapy consults are also available at our clinic.

Basic range of movement

Joint Compression

- Helps with pain reduction, stimulates joint fluid, decreases swelling, and stimulates proprioception and sensory awareness.
- This is a good starting point for your pet's journey with physio therapy

- This photo shows you how to gently;
- hold your dogs leg.
- .Hold the knee
- Compress from the bottom of the hock towards the knee
- X 10 repetitions, 3 times per day



Passive Range of Motion

- Helps to prevent joint stiffness and increase range of motion. Should only be done to the level of comfort for your dog and increased as joint mobility improves.
- Is performed like above, with the inclusion of rotating the leg in its normal pattern of motion, flexion and extension from the stifle.
- X10 repetitions, 3 times per day.

Massage

- Reduces soft tissue adhesions and improves soft tissue extensibility, relaxes muscle spasm and assists with early controlled weight bearing.
- Can begin around the thigh area in the first 48 hours with gentle fingertip massage and progress to a deeper tissue massage as healing progresses. Take care around surgical site.

The basics for at home

Heat and Ice Packs

ICE

- 5 Minutes each side
- 3x /day for the first 10 days
- There are many benefits of cold therapy for your pet including reducing swelling, inflammation and pain, and increasing joint and tissue flexibility
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HEAT

- 5 Minutes each side
- 3x /day for the first 10 days
- Heat treatment may begin 48 hours after surgery or injury, following cold therapy and once swelling has gone down.
- The application of heat is used to reduce stiffness and muscle spasms, increase blood flow and relieve pain. Unlike cold therapy, heat therapy is applied after the initial swelling and inflammation stage.
- If the area is still swollen then avoid using heat therapy and contact us.

What is our mind set throughout recovery?

- Be realistic
- Gradual progressions with end goal in mind
- Developed with the you as the owner
- To be safe yet effective
- Continued monitoring and adapting

