

MAYERTHORPE VETERINARY SERVICES

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Post op Notes – Securos Cruciate Repair

Nina had a Securos cruciate repair performed on her right hind leg yesterday to repair her ruptured cruciate ligament. This repair is designed to mimic the action of the cruciate ligament with a high tensile synthetic line applied to the outside of the joint. The line is secured with a metal crimp that keeps the line from slipping.

The recovery period is the most important part of a successful cruciate surgery. The first 6 weeks are the most critical! All exercise needs to be controlled and supervised. **No jumping, no stairs!!** If stairs are a must, ensure you provide support under the belly with a sling to support the hind end.

Some swelling and bruising is normal and to be expected. A small amount of discharge from the incision is also normal if it is clear or slightly blood tinged. **Do not allow licking of the incision** – this may cause infection leading to the incision opening. The sutures are dissolvable.

The rehabilitation protocol has many benefits and will help speed a healthy recovery, enhance healing, prevent muscle loss, and restore normal function.

WEEK 1

1. **MASSAGE**: 5-10 minutes per day minimum
2. **PROM** (passive range of motion): 10 repetitions, 3-4 times per day
 - a. This mimics the normal motions of each joint. With your pet laying on his/her side, start at the hip and gently extend and flex, continue onto the knee and ankle. Support the leg with your other hand. Do not force this movement. The goal is to increase the motion gradually. There is a great YouTube video at <https://www.youtube.com/watch?v=9dcYVODa2RQ>
3. **SHORT AND CONTROLLED LEASH WALKS**: 5 minutes, 3-4 times /day
 - a. These walks are intended for pee & poop only. If needed, support the hind end with a sling under the belly. Slow walking encourages placing the foot down.
 - b. NO RUNNING, JUMPING OR STAIRS**
4. **ICE THERAPY**: 10-15 minutes after exercise
 - a. You can use gel packs or even frozen veggies. Wrap it in a towel first and apply over the incision.
5. **** 3 DAYS AFTER SURGERY: you can apply moist heat prior to therapy ***

WEEK 2

1. MOIST HEAT: 10 minutes prior to exercise
 - a. You can use a washcloth wet with warm (not hot) water
2. MASSAGE: 10 minutes, 3-4 times per day
3. PROM: 15 repetitions, 3-4 times per day
4. SHORT AND SLOW CONTROLLED LEASH WALKS: 5-10 minutes, 3-4 times per day

WEEK 3

1. MOIST HEAT: 10 minutes prior to exercise
2. MASSAGE: 10 minutes, 2-3 times per day
3. PROM: if your dog is now using the leg, you can discontinue PROM – otherwise, increase to 20 repetitions, 3-4 times per day
4. SLOW CONTROLLED LEASH WALKS: 15-20 minutes per day
5. SIT-TO-STAND EXERCISES: 5-7 repetitions, 3-4 times per day
 - a. “puppy squats” – the goal is to sit down and immediately stand back up – encourages flexion/extension of all joints of the hind leg. You may need treats as incentive.
6. DISCONTINUE POST-THERAPY ICING – unless there is swelling and discomfort

WEEK 4

1. MOIST HEAT AS NEEDED – can be discontinued, but if your dog enjoys it, can be done 2-3 times per day
2. MASSAGE AS NEEDED
3. PROM AS NEEDED
4. CONTROLLED LEASH WALKS: increase to 20 minutes, 3-4 times per day
5. SIT-TO-STAND EXERCISES: 10 repetitions, 3-4 times per day
6. FIGURE 8'S: 10 repetitions, 3-4 times per day
 - a. Walk as if you're following an imaginary 8 on the floor – this increases muscle strength and encourages balance

WEEKS 5-8

1. DISCONTINUE MOIST HEAT, PROM AND MASSAGE – as long as your dog is using the limb consistently
2. CONTROLLED LEASH WALKS: with hill work, or in tall grass, or stepping over objects/curbs – this encourages flexion/extension, while building muscle
 - a. 20-30 minutes, with 5-10 minutes of “hill work”
3. SIT-TO-STAND EXERCISES: 10-15 repetitions, 3-4 times per day
4. FIGURE 8'S: 10-20 repetitions, 3-4 times per day
5. STAIRS: ensure they are done slowly, with support as needed

6. SWIMMING: this is a great exercise if you have access. It is very low stress on the joints, while encouraging positive range of motion

We would like to do a post surgical exam 2 weeks after surgery to check the incision and then about 6 weeks after surgery to assess Nina's progress and determine whether she can return to normal activity. If at any time, Nina's progress stops or she shows a decline in use of the leg, please contact us immediately. If you have any questions or concerns, please do not hesitate to call us at (780) 786-2000.