Canine Rehabilitation Guidelines
Post implantation of stem cells, BMAC or PRP

The following rehabilitation instructions are a guide. Consideration should be given to the extent of the pathology, co-existing pathologies and the structure treated. The dog should be rested for an initial 24-hour period, taken for toileting on a lead. Post suture removal commence input 1-2 times per week. This should be guided by an ACPAT registered Veterinary Physiotherapist. Commence Underwater Treadmill Therapy—commence at 8 weeks (post vet review). This should be 1-2 times per week until 12 weeks or the patient has equal muscle mass.

Treatment can consist of:
• Manual Physiotherapy including isometric exercises, proprioception exercises and PROM
• Facilitation of early and equal weight bearing
• Class 3b Cold Laser

The dog should be walked on a lead until he is fully weight bearing. The duration of this walk exercise should be increased by 10 minutes every week. Steps, inclines and jumping should be avoided until he is fully weight bearing.

Owner’s Home Plan
Rehabilitation after your dogs treatment can be incorporated into your normal day and exercise regime. Below are 5 simple things you can do to help your dog gain movement and strength. It is also recommended that you work with an ACPAT Veterinary Physiotherapist to help your dog resume full activity as quickly as possible.

1. Sit to stand
Aim to do 3-5 times.
Use a treat, ask your dog to sit, then stand,
2. Range of movement
During your “down time” with your dog slowly and carefully move the leg through its whole range of movement as demonstrated to you by your vet. It is very important you move with your dog, not against any resistance. Repeat up to 5 times.

3. Weight shift
Stand the dog squarely and shift his weight forwards, backwards and side to side using your hands on his body or pelvis. This can be done whilst he’s eating, but we recommend using a raised bowl or placing it on a step. Again repeat 5 times. If your dog takes a step you have moved him too far.

4. Obstacles
Step over poles or sticks laid in the garden or obstacles you come across on your walks. Sticks should be small - just enough for your dog to have to take a larger than normal step. You will find lots of small obstacles whilst you are out on your daily walk.
5. Zig-zags
Step up and down the curbs of the pavement in a zig-zag whilst you’re walking and zig-zag your way up and down hills or inclines. It is important to not use really steep hills.

Monitor Carefully
With all of these exercises it is important to monitor your dog’s behaviour, response and progress. They shouldn’t find the exercises too difficult or tiring. If they look stiff or sore afterwards or the next day you have most likely worked them slightly too hard. They should also not resent you doing the exercises either. If in any doubt contact your vet or physiotherapist for advice.

This is a general guide to some basic initial rehabilitation provided by our ACPAT Chartered Physiotherapist (Helen Millward SRP, BSc Hons Physiotherapy, MSc Veterinary Physiotherapy, ACPAT Cat A). We recommend that further rehabilitation is guided by your local fully qualified practitioner or contact Helen via the Nupsala office.