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## Hip and Pelvic Region

### Rehabilitation Following Hip, Pelvic Surgery and Trauma

Recovery following hip surgery may take 12 weeks or more. For the first 10 weeks, your dog should be confined to the house, in a crate or small area that allows it to turn around and lay down comfortably, and restricted to brief leash walks to allow it to urinate and defecate several times a day. Your dog should not run, jump or have unobserved exercise during this initial ten week period. Please follow the steps listed below.

#### Week 1\*

- Apply an ice pack to the hip for 10-15 minutes four times a day for the first 24 to 36 hours following surgery or trauma. (An ice slurry can be made by mixing two parts isopropyl alcohol to one part water in a zip lock bag and freezing. Keep the slurry in the freezer except when it is in use.) Place a towel between the skin and ice pack for comfort.
- When the swelling and redness have resolved, begin to apply a warm compress (a damp towel warmed in water) to the hip for 10-15 minutes, three times a day before performing 10 slow repetitions of gently *flexion* and *extention*, *abduction* and *adduction* and *internal* and *external rotation* of the hip through a full range of motion. **(Figures 15-20 and Videos 9-12)**
- After the third day, begin slow leash walks of less than 10 minutes in duration, three times a day. Use the short leash walks outdoors to allow your dog to urinate and defecate.

#### Weeks 2 and 3\*

- Apply a warm compress and continue a full range of motion (*flexing and extending, abducting and adducting, and internally and externally rotating*) of the hip as described above.
- Range of motion exercises may be discontinued when your dog begins using the limb.
- Increase the duration of the slow leash walks to 10-20 minutes, three times a day.
- At the end of week two, your dog should be reexamined by your veterinarian for suture removal if present and evaluation of limb usage (range of motion, limb size and weight bearing).

#### Weeks 4\* and 5

- Increase the duration of the slow leash walks to 20 minutes, 2 to 3 times a day.
- Have your dog *circle* clockwise and then counterclockwise or walk a *slalom course*, 2 to 3 times a day. **(Figures 32-33 and Videos 22-23)**
- Have your dog *sit and stand* for 10-15 repetitions, 2-3 times a day. **(Figure 42-43 and Video 32)**

#### Weeks 6-10

- At the end of week six, your dog should be reexamined by your veterinarian for evaluation of limb usage (range of motion, limb size and weight bearing).
- Increase the duration of the slow leash walks to 20-30 minutes a day. The pace should be slow enough to ensure full weight bearing of the affected limb.
- Have your dog slowly walk up a moderate *hill* of at least 25 yards (meters) in length. Repeat 2-5 times, 2-3 times daily. **(Figures 45 and Video 34)**
- Have your dog slowly climb a flight of *stairs* 5-10 times, twice a day. **(Figures 46 and Video 35)**

#### Weeks 10-12

- Continue having your dog slowly walk up a moderate *hill* of at least 25 yards (meters) in length and slowly climb a flight of stairs 5-10 times, twice a day as described above.
- Healing should be complete and your dog should return to normal activity by the 12th week.

**Remember:** If indicated, weight loss will hasten recovery.

**\*NSAIDs and adjunctive analgesics** are often necessary to provide pain management for the first four weeks following surgery to increase patient comfort and compliance during the therapeutic exercises (discontinue if vomiting occurs).

## Rear Limb

**Hip Flexion/Extension-** (Figures 15 and 16 and Video 9) These maneuvers are designed to stretch the flexor and extensor muscles of the hip.

Flexion is performed with the dog in a standing position or lying on its side. Grasp the thigh above the stifle (knee), moving the stifle toward the ribs and spine. Stabilize the pelvis by placing the other hand over the sacrum. Move the limb forward to its maximum extent in order to flex the hip. Extension is accomplished by grasping the hock (ankle) while placing the other hand over the upper front of the thigh. The thigh is moved backward gently to its maximum extent. The goal is slow, controlled movement with slight pressure at the end of the full extent of joint movement. This exercise is repeated 3-5 times initially, 2-3 times daily. The limb is held at the end positions for 2-3 seconds.



Figure 15



Figure 16



Videos are available at [www.bluespringsanimalhospital.com/library/videos](http://www.bluespringsanimalhospital.com/library/videos)

Please call Blue Springs Animal Hospital & Pet Resort at 816-229-1544 with any questions or concerns.

## INSTRUCTIONS

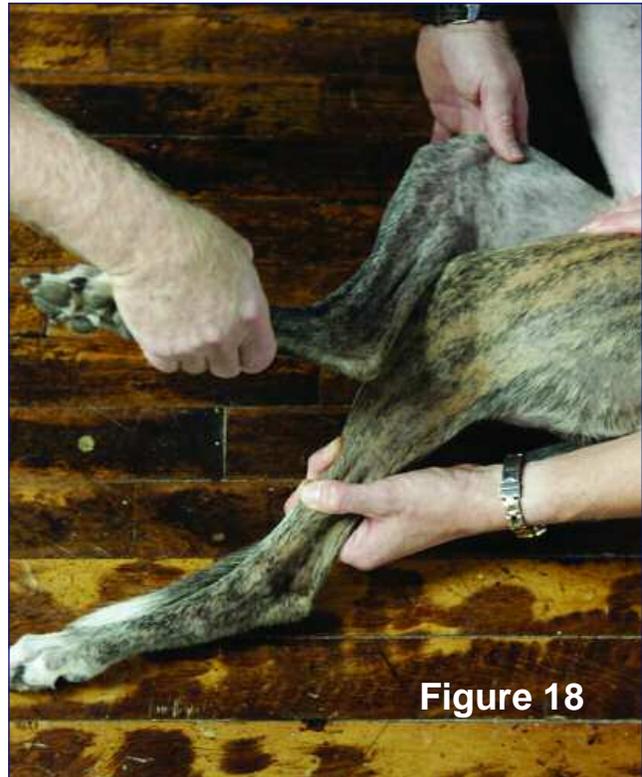
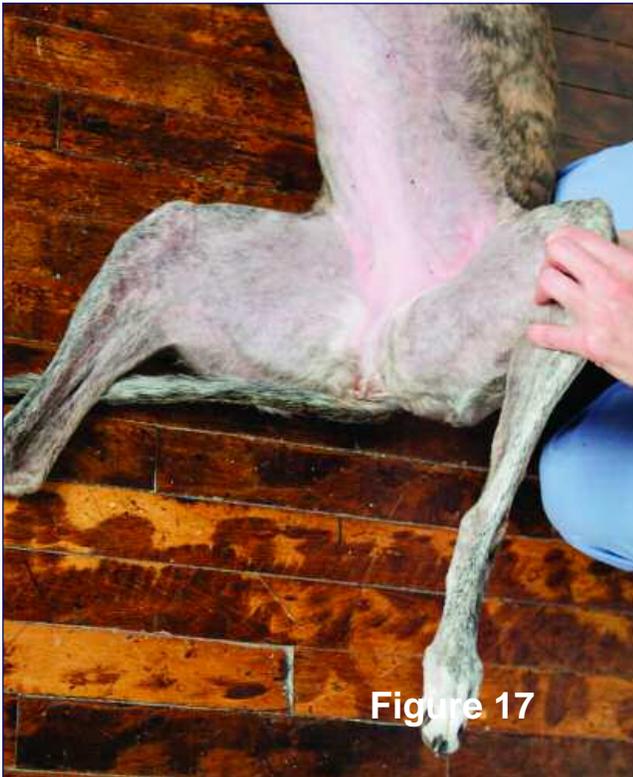
REPEAT 3-5 TIMES, 2-3 TIMES DAILY.

HOLD AT END POSITIONS 2-3 SECONDS

## Rear Limb

**Hip Abduction/Adduction-** (Figures 17 and 18 and Video 10 and 11) These maneuvers are designed to stretch and increase the range of motion of the hip so that the dog can move its rear limb toward and away from its pelvis as in lifting the leg.

Abduction is performed with the dog lying on its side with the affected limb up. Grasp the thigh above the stifle (knee) and gently lift the affected limb up away from the body. To get adduction, have the dog lie on its affected side. Grasp the stifle and thigh with one hand and the hock (ankle) with the other and lift the limb. The goal is slow, controlled movement with pressure at the end of the full extent of joint movement. This exercise is repeated 3-5 times, initially 2-3 times daily. The limb is held at the end positions for 2-3 seconds.



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## INSTRUCTIONS

REPEAT 3-5 TIMES, 2-3 TIMES DAILY.

HOLD AT END POSITIONS 2-3 SECOND

## Rear Limb

**Hip Internal/External Rotation-** (Figures 19 and 20 and Video 12) These maneuvers are designed to stretch and increase the range of motion of the hip so that the dog can rotate its hip inward and outward.

With the dog lying on its side with the affected limb up, bend the stifle (knee) while placing one hand on the thigh, above the stifle. The other hand is placed just below the hock (ankle). The thigh is rotated inward and the hock and foot upward. The opposite maneuver is performed rotating the hip and thigh outward and the hock and foot downward. The goal is slow, controlled movement with slight pressure at the end of the full extent of joint movement. This exercise is repeated 3-5 times initially, 2-3 times daily. The limb is held at the end positions for 2-3 seconds.



Figure 19



Figure 20



Video 12

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## INSTRUCTIONS

REPEAT \_\_3-5\_\_ TIMES, \_\_2-3\_\_ TIMES DAILY.

HOLD AT END POSITIONS \_\_2-3\_ SECONDS

**Circles-** (Figures 32 and Videos 22) Walk the dog in a circle (cones or obstacles can be used to outline your course). Start with 10-15' diameter circles and progress toward 3-5' diameter circles depending on the size of the dog. Smaller dogs can do smaller circles and larger dog can do larger circles. Begin with repeating circles 1-5 times, once to twice daily. The number of circles and the number of sessions can be increased as the dog gains strength and improves balance.



Figure 32



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## INSTRUCTIONS

REPEAT \_\_1-5\_\_ TIMES, \_\_1-2\_\_ TIMES DAILY.

**Slalom Course** (Figures 33 Video 23) Walk the dog through a slalom course of 3-5 cones or obstacles such that the space between each obstacle delineates a distance of 1-2 times the body length of the dog. Begin by repeating the maneuver 1-5 times, once to twice daily. The number of maneuvers and the number of sessions can be increased as the dog gains strength and improves balance.



Figure 33



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## INSTRUCTIONS

REPEAT \_\_1-5\_\_ TIMES, \_\_1-2\_\_ TIMES DAILY.

## Rear Limb

**Sit to Stand-** (Figure 42 and 43 and Video 32) This maneuver improves rear leg strength and range of motion.

With the dog sitting, use a treat to entice the dog to slowly stand and then to sit back down. Repeat the exercise 3-10 times, 2-3 times daily, increasing the number of repetitions as the dog gains strength. This is a moderately difficult exercise that requires a reasonable degree of weight bearing, strength and balance.



Figure 42

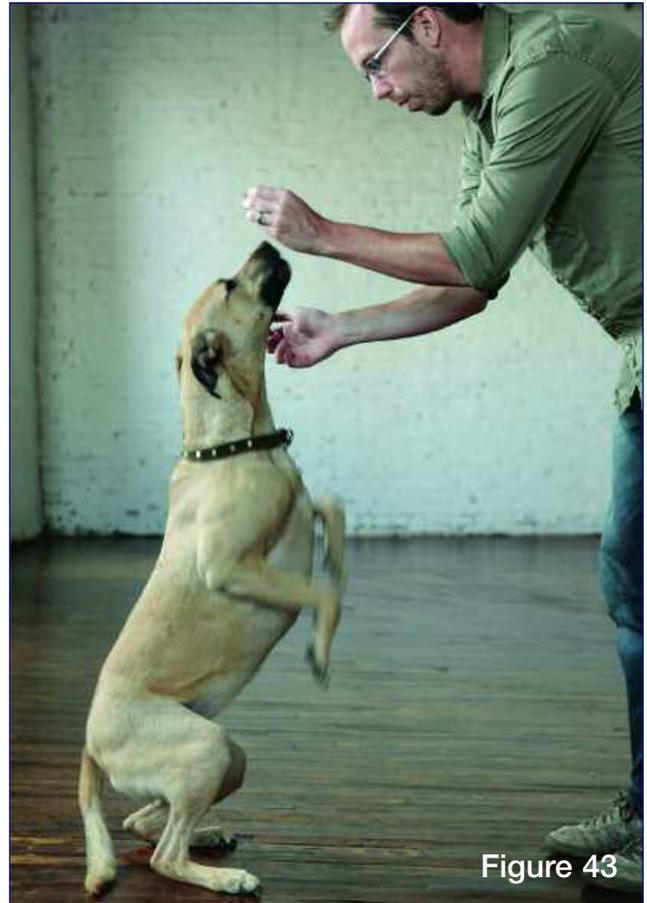
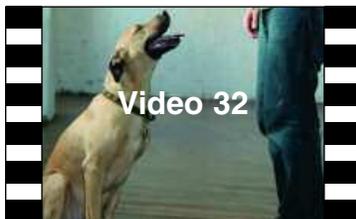


Figure 43



Video 32

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## INSTRUCTIONS

REPEAT \_\_3-10\_\_ TIMES, \_\_2-3\_\_ TIMES DAILY.

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## Rear Limb

**Uphill Walking-** (Figure 45 and Video 34) This maneuver improves spinal extension, rear limb strength and weight bearing.

The dog is leash walked up a moderate to steep hill (depending on the dog's strength and conditioning) of at least 25 yards (meters) in length. Repeat 2-5 times, 2-3 times daily. The duration times and number of sessions can be increased as the dog gains strength and improves weight bearing and balance. This is a moderately difficult exercise that requires a reasonable degree of weight bearing, strength and balance.



Figure 45



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## INSTRUCTIONS

REPEAT   2-5   TIMES,   2-3   TIMES DAILY.

## Rear Limb

**Stairs-** (Figure 46 and 47 and Video 35) This maneuver improves weight bearing, range of motion and leg strength.

Rear limbs are more stressed while going up stairs and the front limbs are more stressed while going down stairs. Choose stairs that are wide and closed. Begin by walking the dog up or down no more than 6-8 stairs, increasing the number of stairs as the dog gains strength. This exercise is repeated 1-2 times, 1-2 times daily. This is a moderately difficult exercise that requires a reasonable degree of weight bearing, strength and balance.



Figure 46

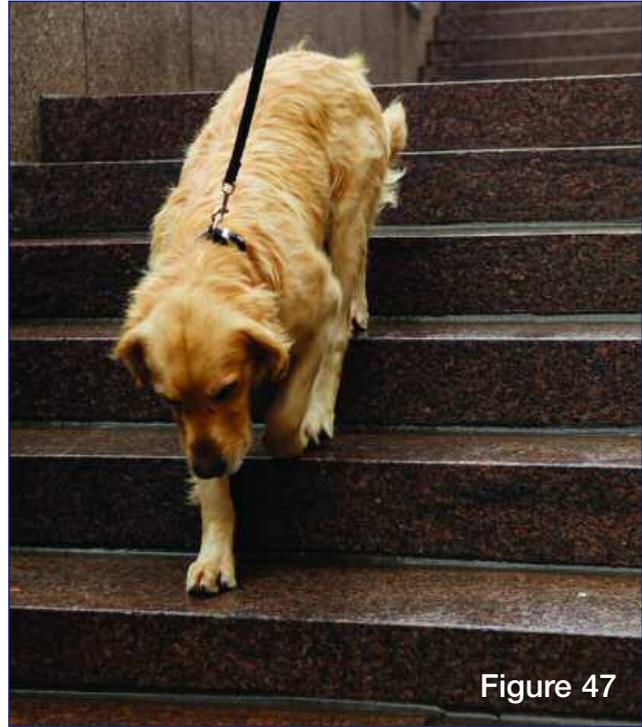


Figure 47



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## INSTRUCTIONS

REPEAT \_\_1-2\_\_ TIMES, \_\_1-2\_ TIMES DAILY.