

# **Anterior Cruciate Ligament Repair**

## **Clanton Animal Hospital**

**256-435-8387**

Your pet has undergone a complete reconstruction of her left Anterior Cruciate Ligament (ACL). This was accomplished by grafting a portion of the patella tendon in place of the ACL, transposing the biceps femoris insertion, and implanting a nylon stay suture to support the knee while the graft is healing. It is imperative that your pet's activity be severely limited during the healing process. Please try to follow these Guidelines.

**WEEKS 1 & 2:** Restrict pet by keeping in an Airline type kennel or small room for the first 2 weeks. Leash walk the animal for bathroom breaks. Do not allow pet to go outside on their own. Give antibiotics and pain medication as prescribed. I also want you to start giving your pet 1000 mg glucosamine daily (if told to). Surgically repaired knees will always have some degree of arthritic changes and glucosamine has been shown to minimize these affects. Apply ice packs to knee 2 to 3 times daily for 15 minutes for first week. A bag of frozen peas works well and can be reused. Institute range-of-motion (ROM) exercises after day three. This is accomplished by laying the pet on its side and slowly bending and straightening the leg. Perform these exercises for 5 minutes twice daily. It is not uncommon for the pet to carry the leg up for the first two weeks. Check the incision daily for any excess redness or drainage. Please call us if you notice anything abnormal.

**WEEKS 3 & 4:** Your pet is allowed to walk around the house but do not allow your pet to go up & down stairs. Continue Leash walking for bathroom breaks. Your pet should start putting weight on the leg during the third week. Continue ROM exercises for 10 minutes twice daily.

**WEEKS 5 & 6:** You can take your pet on 5 to 10 minute walks 2 to 3 times a day. Continue Leash walking for bathroom breaks.

**WEEKS 7 & 8:** Slowly increase length of walks. If possible, initiate swimming exercises. Swimming allows the animal to regain flexibility and to regain strength without putting any undo stress on the knee. Your pet can go outside in a fenced yard for bathroom breaks, but DO NOT leave dog unattended.

**AFTER WEEK 8:** Your pet can resume light to moderate activities. It is recommended to continue the swimming exercises for a month to complete the rehabilitation. After week 12 your pet can resume normal activity.

**Your pet may need to be on a reducing diet such as OM or Restricted Calorie. Sixty percent of dogs with a torn ACL will tear the ACL in the other knee. Weight is a major factor in this statistic. Your pet may need to lose some!**

Thank you,  
Eric D. Clanton DVM