



8-Week Crate-Rest Recovery Calendar

A rough map of the weeks ahead, to pace with your vet

PETSLIKEMINE

INTERVERTEBRAL DISC DISEASE

PET NAME _____	DATE REST STARTED _____	VET _____	FIRST RECHECK _____
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You are not locking your dog in a cage. You are building a recovery suite, a calm, safe place to heal, and the rest is not the absence of treatment, the rest is the treatment. This calendar shows the usual shape of the weeks ahead. Treat it as a guide to discuss with your vet, never a substitute for the specific plan and pace they set for your individual dog.

THE EIGHT-WEEK ARC (A GUIDE, NOT A PRESCRIPTION)

WEEK	PHASE	WHAT IS TYPICAL (YOUR VET SETS THE REAL PACE)
Week 1	Strict rest	Stillness, pain relief, and settling the inflammation. Crate or pen at all times bar short lead toilet trips. Often the hardest week.
Week 2	Strict rest	The danger week. On good pain relief your dog may seem completely fine. It is not healed. Hold the line and change nothing.
Week 3	Strict rest	Confinement continues exactly as strictly, even as your dog grows more comfortable. Feeling better is not the same as being healed.
Week 4	Strict rest, then review	The earliest your vet might consider easing off, and only if your dog has genuinely improved. Recheck before any change at all.
Week 5	Gradual return, if your vet agrees	Any increase is slow, staged, controlled, and lead-only, begun on your vet's say-so rather than because your dog seems ready.
Week 6	Gradual return	A little more, still controlled and gradual. No free running, no jumping, no stairs yet.
Week 7	Gradual return	Keep building slowly as guided, watching closely for any setback or backward step.
Week 8	Gradual return	Approaching more normal activity if all has gone well, still increasing gently and on your vet's advice.

The standard advice is at least four weeks of restricted activity, often four to six, followed by a gradual return. That length rests on expert consensus, not a precise proven number, and the right plan depends on your dog's exact diagnosis and progress. Follow the period and pace your own vet sets, not this generic arc or a number from the internet.

Written and reviewed by Dr Alastair Greenway MRCVS and Claire Greenway BVM&S MRCVS. This sheet explains and records. It does not diagnose or prescribe. Always follow your own vet's instructions.

How to use. Feeling better is not the same as being healed. The golden thread is patience: the return to normal is earned slowly and on your vet's say-so.

BRING THIS WITH YOU TO YOUR NEXT VET APPOINTMENT



8-Week Crate-Rest Recovery Calendar

The rules that hold every day, and a calendar to tick off

PETSLIKEMINE

INTERVERTEBRAL DISC DISEASE

THE RULES THAT HOLD EVERY SINGLE DAY

- Confined to a crate or small furniture-free room, except rehab exercises and toilet trips
- No off-leash walking, no jumping on or off furniture, no stairs, for the whole period
- Toilet breaks are short, on a lead, supported, then straight back in, never loose in the garden
- Use a harness rather than a collar, especially for a dog with neck disease
- Carry your dog up and down steps and in and out of the house yourself
- No slippery floors, where a scramble for grip can wrench the spine
- Put your dog safely back in the pen before you get up, even for a moment

THE WEEK-2 TRAP

The single most dangerous moment is the dog that seems completely fine at week two. Because good pain relief makes a dog feel better long before it is healed, the urge to ease off early is enormous, and giving in to it risks a relapse that can be worse than the original injury. Hold the line, especially when your dog seems recovered, and complete the full course of rest your vet has set.

TICK OFF THE DAYS

Every quiet, boring day in the recovery suite is the healing happening. Colour or tick a box for each day you get through.

	M	T	W	T	F	S	S
Week 1	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Week 2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Week 3	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Week 4	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Week 5	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Week 6	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Week 7	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Week 8	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

LOG IT AS YOU GO

Our IVDD recovery tracker lets you log your dog's progress day by day and catch any change early. Find it at petslikemine.co.uk/tools/ivdd-recovery.

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How to use. When you are tired of it, hold onto this: the boredom is the treatment working, and you are giving your dog the best chance to walk back out of that pen.

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