



The 12-Week Recovery Chart

PETSLIKEMINE

CRUCIATE LIGAMENT DISEASE

What each phase asks of you, and a place to track progress

| | | | |
|-------------------|-----------------------|--------------------|-----------------------------|
| PET NAME _____ | SURGERY DATE _____ | PROCEDURE _____ | SURGEON / PRACTICE _____ |
|-------------------|-----------------------|--------------------|-----------------------------|

The operation is one day. The recovery is about twelve weeks, and it is the part that makes or breaks the result. Rushing it is the commonest cause of a setback. Follow your own vet's plan first; this chart is the shape of a typical recovery and a place to keep notes to take to each recheck.

| WHEN | PHASE | WHAT YOU ARE DOING | CALL THE VET IF |
|----------------------|-----------------------|--|---|
| Weeks 0 to 2 | Strict rest | Confined to a pen or small room. Lead-only toilet trips. No jumping, stairs or slippery floors. The wound and the cone. Pain relief as prescribed. | A hot, swollen or discharging wound; sudden non-weight-bearing; your dog off-colour. |
| Weeks 2 to 6 | Controlled rebuilding | Short, prescribed lead walks that build up slowly. Physiotherapy often begins. Still no free running, jumping or stairs. | A sudden new limp returning (a possible late meniscal tear); a wound problem; pain. |
| Weeks 6 to 12 | Building strength | Gradually increasing controlled activity on your vet's schedule. Rechecks. The slow return toward normal life. | Any clear step backwards in how the leg is used; new swelling; reluctance to bear weight. |

THE ONE RULE

When your dog starts to feel better, they will want to do the very things that can undo the repair. The hardest job in recovery is holding them back. Resist the temptation to do too much too soon.

Surgery does not prevent arthritis, it limits it: stabilising the knee slows the process rather than stopping it. With the recovery done properly, the large majority of dogs return to a comfortable, active life.

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. Fill in the top strip after surgery. Read the phase you are in, and note anything you want to raise at the next recheck. Track weight-bearing overleaf.

BRING THIS TO EVERY RECHECK



The 12-Week Recovery Chart

Weekly weight-bearing and lameness log

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A slow change is hard to see day to day but obvious as a trend. Once a week, score how your dog is using the operated leg. Take it to your rechecks, and to the **Recovery Tracker** at petslikemine.co.uk if you log online too.

HOW TO SCORE WEIGHT-BEARING

0 = not touching the leg down at all. 5 = toe-touching or partial weight. 10 = full, even weight, no limp. Score the leg at a slow walk, on a non-slip floor, at the same time of day.

| WEEK | WEIGHT-BEARING (0 TO 10) | LAMENESS (NONE / MILD / MARKED) | KNEE SWELLING (NONE / SOME) | NOTES (MEDS, REHAB, ANYTHING NEW) |
|------|--------------------------|---------------------------------|-----------------------------|-----------------------------------|
| 1 | _____ | _____ | _____ | _____ |
| 2 | _____ | _____ | _____ | _____ |
| 3 | _____ | _____ | _____ | _____ |
| 4 | _____ | _____ | _____ | _____ |
| 5 | _____ | _____ | _____ | _____ |
| 6 | _____ | _____ | _____ | _____ |
| 7 | _____ | _____ | _____ | _____ |
| 8 | _____ | _____ | _____ | _____ |
| 9 | _____ | _____ | _____ | _____ |
| 10 | _____ | _____ | _____ | _____ |
| 11 | _____ | _____ | _____ | _____ |
| 12 | _____ | _____ | _____ | _____ |

GETTING WORSE, NOT BETTER, = PHONE

A stiff day or a plateau is normal. A clear step backwards is not. A sudden return of marked or non-weight-bearing lameness can mean a late meniscal tear and is worth a prompt call. You will never be a nuisance for checking.

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How to use. Score once a week, same time, same surface. A downward trend, new swelling or a sudden limp earns a phone call, not a wait-and-see.

A FALLING SCORE IS A REASON TO RING