



# Confinement & Enrichment Plan

Get through strict rest without either of you losing your mind

PETSLIKEMINE

CRUCIATE LIGAMENT DISEASE

PET NAME	REST PERIOD (FROM)	REST PERIOD (TO)	RECHECK DATE
_____	_____	_____	_____

The hardest part of recovery is often keeping a dog who feels better from undoing the repair. A calm dog rests better and heals better, so enrichment here is not a luxury, it is part of protecting the surgery.

## THE CONFINEMENT SETUP, TICK WHEN SORTED

- |   |   |
|---|---|
| <input type="checkbox"/> A pen or small room set up, away from stairs and slippery floors   | <input type="checkbox"/> Non-slip mats or rugs over any hard flooring               |
| <input type="checkbox"/> Bed, water and a calm spot in the heart of the home, not shut away | <input type="checkbox"/> A plan for lead-only toilet trips, no off-lead, no jumping |
| <input type="checkbox"/> Stairs and sofas blocked off or a ramp in place                    |   |

## CALM WITHOUT MOVEMENT, THE ENRICHMENT THAT HELPS

- |  |   |
|--|---|
| <input type="checkbox"/> Lick mats and chews (long-lasting, calming, no movement needed)     | <input type="checkbox"/> Snuffle mats kept flat on the floor                      |
| <input type="checkbox"/> Food puzzles and slow feeders that do not need them to move about   | <input type="checkbox"/> Gentle nose-work and scent games from a settled position |
| <input type="checkbox"/> Calm training games: nose targets, watch-me, settle, all lying down |   |

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.** Tick the setup off before they come home. Pick two or three enrichment ideas to rotate each day so the novelty lasts. Looking after you, overleaf.

**A CALM DOG RESTS BETTER AND HEALS BETTER**



# Confinement & Enrichment Plan

Routine, when to ask for help, and looking after you

PETSLIKEMINE  
CRUCIATE LIGAMENT DISEASE

## A DAILY RHYTHM STEADIES EVERYONE

Predictability calms a confined dog. Sketch the day so everyone in the house does it the same way.

TIME	WHAT HAPPENS (TOILET, MEDS, ENRICHMENT, CALM TIME)
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

### WHEN TO ASK THE VET ABOUT MEDICATION

*If anxiety or frustration is genuinely wrecking the rest, the vet can help, with calming medication, rather than letting a stressed dog jeopardise the surgery. It is a sensible question to ask, not a failure.*

### FOR YOU, TOO

*The guilt and exhaustion of confining a dog who wants to be normal are real and normal. It is only a few weeks. Share the load, lower the bar, and ask for help. Looking after yourself is part of looking after them.*

*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.** Keep the routine the same whoever is on duty. If the rest is falling apart, that is a conversation with your vet, not a reason to give up.

**IT IS ONLY A FEW WEEKS**