



Home Exercise Cards

Safe, phase-by-phase exercises you can do at home

PETSLIKEMINE

CRUCIATE LIGAMENT DISEASE

PET NAME	PHASE TODAY	PHYSIO / VET	STARTED (DATE)
_____	_____	_____	_____

THE GOLDEN RULE, BEFORE ANYTHING ELSE

Every exercise here is only safe once your vet or a qualified veterinary physiotherapist has signed it off for your dog, and only within the recovery phase they have set. When in doubt, do not. Short and often beats long and tiring. Stop at any sign of tiredness or pain.

PHASE 1 · EARLY (PASSIVE, WHILE STILL RESTED)

- Passive range of movement: gently flex and extend the joint, no force (as shown by your physio)
- Gentle massage of the thigh muscles
- Weight-shifting: encourage a little weight onto the leg while supported
- Supported standing for a few seconds at a time

REPS AND FREQUENCY (WRITE IN WHAT YOUR PHYSIO SETS)

Exercise: [name] — [reps] reps, [times a day] a day. Exercise: [name] — [reps] reps, [times a day] a day.

PHASE 2 · MID (ASSISTED, BUILDING CONTROL)

- Controlled slow lead walks on the prescribed schedule
- Sit-to-stands: slow, square, a few at a time
- Gentle figure-of-eights and wide turns at a walk
- Weaving slowly between your legs or markers

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 what your physio has approved for today's phase. Write the reps and frequency they set. Never move to the next phase without their say-so.

ONLY DO WHAT YOUR VET OR PHYSIO HAS APPROVED



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Later-phase strengthening, and how to keep it safe

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PHASE 3 · LATER (ACTIVE STRENGTHENING)

- Cavaletti: walking slowly over a line of very low poles to lift each leg
- Gentle inclines: short, slow walks up a mild slope
- Controlled hill or sit-to-stand work to build the back-leg muscle
- Longer controlled lead walks, building distance gradually

DOING IT SAFELY, EVERY TIME

- Short and often, never to exhaustion
- Stop the moment you see fatigue, a limp worsening, or any sign of pain
- Always on a non-slip surface, never on tiles or laminate
- Never force a limb through a movement; stay inside the phase you have been set

WATCH THE TECHNIQUE

The home-physiotherapy guide at petslikemine.co.uk shows each of these movements, and your physiotherapist can tailor them to your dog. Hydrotherapy often adds to this once the wound has healed and on veterinary referral.

IF IN DOUBT

A good rule: if you are not sure an exercise is right for today, skip it and ask at the next session. Little and often, guided by your rehab team, is what rebuilds the leg.

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How to use. Build up slowly and stop at tiredness or pain. Progress is not a straight line; a steady, guided routine gets your dog to its best possible function.

SHORT AND OFTEN, ON A NON-SLIP FLOOR