



Watch the Other Knee

Catch the second knee early, when your options are widest

PETSLIKEMINE

CRUCIATE LIGAMENT DISEASE

PET NAME _____	FIRST KNEE DONE (DATE) _____	WHICH SIDE FIRST _____
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This is a planning fact, not a doom prophecy. Across the better studies, around a third to a half of dogs that rupture one cruciate go on to rupture the other, usually within the first one to two years. The good news: it is usually not immediate, so watching the other side means you can act early, while options are widest.

EARLY SIGNS IN THE OTHER KNEE, WATCH FOR THESE

- A new, intermittent limp on the other back leg, often worse after exercise
- Stiffness on that side after rest, easing as they warm up
- Sitting with that leg kicked out to the side instead of tucked square (the sit sign)
- Quietly shifting weight off that back leg when standing up

SPOTTED SOMETHING? DO THIS

- 1 **Ease the exercise** and keep to lead-only for now.
- 2 **Log it** below, and in the Recovery Tracker if you use it.
- 3 **Book the vet** promptly. An intermittent new hind-leg limp earns a phone call, not a wait-and-see.

THE TWO LEVERS THAT GENUINELY LOWER THE ODDS

- Keep your dog lean: weight is the single biggest thing you control
- Keep the muscle on: sensible, consistent, controlled exercise

MONTHLY CHECK LOG

MONTH / DATE	OTHER LEG: ANY LIMP?	NOTES (SIT SIGN, STIFFNESS, WEIGHT)
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

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. Run an eye over the good leg once a month. A lean, well-muscled, watched dog turns a frightening statistic into a situation you are managing.

ACT THE MOMENT THE OTHER KNEE WHISPERS