



Physical Rehabilitation Following Extracapsular Cruciate Repair or Patellar Surgery

All Treatments Every 12 hours	Day 0-14	Day 15-24	Day 25 - Until Grade 4/5 Lameness	Until Grade 3/5 Lameness	Until Grade 1/5 Lameness
Heat Therapy		10 minutes	10 minutes	10 minutes	10 minutes
Massage	5 minutes	5 minutes	5 minutes		
Passive Range of Motion (Repetitions) - All joints of affected limb	15	15	15		
Laser Therapy	Week 1: 3 times, Week 2: 2 times	Week 3: 2 times, Week 4: Once/week	Once/Week	Twice/Month	Once/Month
Therapeutic Exercise (Total Time)	15 minutes	20 minutes	25 minutes		
Walk	10 minutes	10 minutes	15 minutes		
Balancing	+	+	+	+	+
Obstacles	+	+	+	+	+
Weaving		+	+	+	+
Circles		+	+	+	+
Hills			+	+	+
Stairs				+	+
Jog/Run					+
Swimming					5-10 minutes