



Post Stem Cell Therapy Pet Owner Rehabilitation Handout

It is very important to follow good rehabilitation practices to help your dog heal in the most optimal way. Patience and good nursing care can help your pet's healing process.

Note: Running, jumping or playing is not recommended for the first FOUR weeks after treatment.

Passive Range of Motion (PROM)

1. **Hip-** Place one hand above the hip joint across the back, and one hand above the knee. Then flex the leg/hip toward your dog's head until you feel resistance. Hold lightly for 5-10 seconds. Then reverse, and stretch your dog's leg backwards towards their tail until you feel resistance -hold for an additional 5-10 seconds.
2. **Knee-** Place one hand above and one hand below the knee, then flex/bend the knee from a "V" to as parallel as possible; hold for 5-10 seconds. Extend the knee forward until you feel resistance then hold for 5-10 seconds.
3. **Elbow-** Place one hand above and one hand below the elbow on the back side of the leg, then flex elbow toward head until you feel resistance; hold for 5-10 seconds. Extend elbow backward with one hand above on the back side of leg and one hand below and on the front side of leg until you feel resistance; hold for 5-10 seconds.

Assisted Sit to Stand

1. Place dog in proper sit with rear legs in a square position. You are looking for your dog to sit square with both rear legs tucked under their body evenly.
2. Elevate the rear end by either using a sling or towel and/or using one hand to lift up from the pelvis between the rear legs.
3. Hold dog in place for 15 seconds (working time up to 1-3 minutes), allowing pet to hold part of his own weight.
4. Assist dog to return to proper sitting position with rear legs in the square position.
5. This exercise can also be done during meals by elevating the food bowl. This will cause your dog to stand in order to eat.
6. Your dog will initially need a lot of assistance, and will tire quickly. **Work to the dog's tolerance only.** The goal is to gradually increase the number of repetitions, increase the length of time the dog stands, and to decrease the amount of assistance from the owner.

*Be sure to apply an ice pack after each exercise is complete. A proper rehabilitation program will assist in your pet's recovery process.

Perform the Activities Marked by your Veterinarian

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Rehabilitation Schedule

Week 1

1. Apply ice pack after treatment and after performing any of the above rehabilitation exercises. Use a thin cloth between the ice pack and the affected joint for 20 to 30 minutes or _____.
 - a. If you do not have an ice pack you can use a bag of peas, a gel pack, or a homemade pack.
 - b. To make your own ice pack combine two parts water with one part rubbing alcohol, and place in a zip lock bag.
2. Leash walks (short confined leash) 5 minutes 2-3 times per day or _____. Do not let your dog overexert themselves.
3. Perform the PROM exercises for affected joints 5-10 times 2-3x per day or _____.
4. Additional Instructions: _____

Weeks 2-3

1. Increase leash walks (short confined leash) to 5-10 minutes 2-3x per day or _____. If increased fatigue, soreness or discomfort is noticed, revert to previous activity schedule and begin again from there.
2. Apply heat 15-20 minutes 2-3x daily or _____. Do not use heat if there is swelling. Check temperature against your own skin before applying to your pet.
3. Perform Assisted Sit to Stands as instructed above for 5 minutes 2-3 times per day or _____.
4. If swelling, edema, acute pain or changes in the use of the limb occur, contact your veterinarian.
5. Stop PROM exercises.
6. Additional Instructions: _____

Weeks 4-5

1. Increase slow leash walks to 20-30 minutes 3x daily to tolerance or _____.
2. Begin functional strengthening
 - a. Sit to stand 10 reps, 3x daily or _____. Have your pet stand by a corner with the treated side against the wall for stability.
 - b. **Underwater treadmill therapy** may be beneficial at this point, consult with your veterinarian.
3. Additional Instructions: _____
