

PHYSIOTHERAPY Following Cruciate Injury/ Surgery



The Cranial Cruciate ligament joins the bones of the stifle (knee) joint and is vital for joint stability. A rupture of the cruciate is the most common orthopaedic injury of the stifle and can occur due to ligament degeneration over time or due to a sudden traumatic injury. Surgical treatment and physiotherapy is preferred to limit secondary complications such as osteoarthritis and muscle atrophy/wastage (which can occur rapidly after cruciate injury).

It is important to begin physiotherapy as soon as possible after surgery or injury. There is a very high risk of the other stifle to have the same injury within 2 years of the operation. This emphasises the importance of physiotherapy to prevent or reduce the risk of this occurring. Adherence to a physiotherapy programme and veterinary instruction should ensure functional return within 4 to 6 months (i.e. running off lead). It can take up to 12 months to regain normal muscle bulk.

About Animal Physiotherapy

Physiotherapy is a well established profession in the human health care field that is now becoming recognised as a valuable adjunct to veterinary management of animals to ensure optimal treatment and recovery. Physiotherapy on animals works on the same principles as human physiotherapy and aims to promote healing and accelerate recovery, restore function and movement, reduce pain and inflammation, improve strength, optimise function, improve quality of life and prevent future injury and secondary complications from compensatory gait. Animal physio's are also qualified human physio's with Masters training in Animal or Veterinary Physiotherapy.

Animal physio's will use a variety of techniques which may include joint/ spinal mobilisation, soft tissue massage, gait correction/ movement re-education, stretching, neuromuscular stimulation, electrotherapy and balance/ stability/ proprioceptive exercises. Owners will also be provided with a home exercise program to continue rehabilitation and lots of advice and education on your dog's condition and best management at home.

Where? When?

Sandy works at the **Brisbane Veterinary Specialist Centre** every **Tuesday**. An initial consultation/ treatment and home program prescription will take 1 hour and follow up consultations will take approximately **30-45** minutes. Appointments can be made directly with Sandy by calling **0415 219 566**.

If you are not sure if Physiotherapy is appropriate or have any further questions about your dog's rehabilitation, please do not hesitate to call and discuss with Sandy or alternatively speak with your vet or surgeon.

Sandy Sharpe Animal Physiotherapist B. Pty, B. Ex Sci, MSc Vet Pty, MAPA, MAPG
e ppanimalphysio@gmail.com