

TPLO surgery – 16 week recovery plan

Here's a breakdown of what the recovery process will look like on a weekly basis. All of the topics in this list are discussed above.

- ✔ Week 1 – No activity except potty breaks, assisted as much as possible
- ✔ Week 2 – Ice, Inspection, PROM x2 daily, no walking except potty breaks
- ✔ Week 3 – Ice, Inspection, PROM x2 daily, 5-10 minute slow and gentle walks (on leash)
- ✔ Week 5 – PROM x3 weekly, 10-15 minute walks (on leash)
- ✔ Week 4 – Inspection, PROM x3 weekly, 5-10 minute walks (on leash)
- ✔ Week 6 – PROM x3 weekly, 10-15 minute walks (on leash)
- ✔ Week 7 – PROM x3 weekly, 15-20 minute walks (on leash)
- ✔ Week 8 – PROM x3 weekly, 15-20 minute walks (on leash)
- ✔ Week 9 – If x-rays show success, can start mild off-leash activity 5 minutes
- ✔ Week 10 – Off-leash activity 5 minutes
- ✔ Week 11 – Off-leash activity 15 minutes
- ✔ Week 12 – Off-leash activity 15 minutes
- ✔ Week 13 – Off-leash activity 20 minutes
- ✔ Week 14 – Off-leash activity 20 minutes
- ✔ Week 15 – Off-leash activity 30 minutes
- ✔ Week 16 – Off-leash activity 30 minutes