

**Discharge: Femoral Head Ostectomy**

A femoral head ostectomy (FHO) in order to remove the malformed and subluxated femoral head that is causing him pain.  Following recovery and healing, there should be no long-term pain associated with his hip.

In order to maximize recovery and future use of the leg as close to normal as possible, **physical therapy is just as important as the surgery itself.   When possible, physical therapy should be performed about an hour after pain medications are administered.**

Day 1-2 (through 48 hours post-operatively). Ice the hip as directed 3 times daily IF it is well tolerated.  Begin small gentle limited ranges of motion on the leg.

Week 1

* Manage pain with medications (carprofen, gabapentin)
* Limited duration leash walk 3-4 times daily
* Confine to a limited area such as one room
* Perform GENTLE range of motion (ROM) exercises twice daily as tolerated (see ROM exercises below). Gradually extend the range of the motion every couple of days.  Your pet may prefer this therapy sitting, standing, while having his belly rubbed or while eating some peanut butter- please experiment.  The exercises may be a little uncomfortable but should not be painful.
* Let us know if exercises become more painful at any point in time.

Week 2

* Continue ROM exercises twice daily (try to get full range of motion)
* Add slow walk exercises to walks twice daily once weight bearing can be achieved. Work up to the full amount gradually if needed (see slow walk exercises below)

Weeks 3-8 (OR once a full week of sow walk exercises has been completed)

* Continue the above plus add hills/ sits/ elevated feeding twice daily (see below)

Weeks 9-12

* As long as things are going well, increase the level of activity, including letting off leash for exercise. You may continue with any of the previously mentioned active exercises on

a daily basis to help maximize strength in the limb.  Increase to full activity by week 12.

**Range of Motion Exercises: (Video)**

1. 10 flexion/ extension: Place your pet on his/her side with the operated limb up. Some patients prefer standing during PT.  Slowly flex and extend each joint. Repeat these movements for 10 repetitions per joint. Focus on the hip and stifle joints.
2. 10 Abduction/ adduction
3. 10 circular (5 ea direction)

**Slow walk:**

       6 full figure of 8s, slow enough to mandate weight bearing on the leg: or pivoting towards the affected limb. Simply walk your dog through an imaginary “8” on the ground. Start with a bigger 8 to encourage your dog to regain his balance and at the same time increase muscle strength.

<http://www.youtube.com/watch?v=c0PM3izDqgU>

**Hill repeats:**

15-20 foot length of hill or full set of stairs, up and down 3-5 times at a slow pace that requires use of the leg

**Sit – Stand:**

Work on training to sit for treats, up and down 6-10 times: In this activity you encourage the dog to sit down and immediately stand up to encourage extension and flexion of all the joints in the rear legs. This very effective exercise works all of the major hind leg muscles in one simple exercise.  Since this is an activity involving obedience, it is best done with a good treat. You want to make sure that your dog sits perfectly square and does not sit “lazy” ie. fall to one side. <http://www.youtube.com/watch?v=0i2DofIWDxI>

**Feed Elevated:**

Feed after PT morning and PM, try on a stair step or other object with food hanging at front of kennel so that the front limbs are higher than the hind limbs for the duration of eating.

Follow up: suture removal - N/A  RECHECK NEXT MONTH

MONITOR THE INCISION FOR REDNESS, SWELLING OR DISCHARGE

Medications:

1. Gabapentin- use as directed over the next 48 hours, then as needed or prior to PT
2. Galliprant- we need 7 days of this medication in order to switch to a different NSAID such as carprofen.
3. Cephalexin- use as directed
4. E collar until incision is healed (10-14 days)