



The Conservative Management for Patellar Luxation

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This will vary according to the type and grade of patellar luxation that your pet has. Here are some exercises, performed once daily, that can help improve the stability of the knee if your dog has been diagnosed with patellar luxation.

1. Stand from square sitting. Repeat three sets of 10 repetitions
2. Walk up/down 3-4 steps increasing gradually to a full flight. Repeating this 6 times
3. Walk (on lead if required) up/down hills for 5-10 minutes as part of the normal exercise routine
4. Place 5-6 poles 8-18 inches apart from each other (depending on the size of the patient and allowing one hind footfall between two poles) and encourage the patient to step over these 6 times. To increase difficulty raise the poles 3-4 inches from the ground to encourage flexion of the stifle and increase the distance slightly to encourage full extension of the stifle
5. Water Treadmill Hydrotherapy

For further advice on the conservative management of patellar luxation and progression of the suggested rehabilitation programme, find your nearest Chartered Veterinary Physiotherapist (ACPAT Category A) by visiting www.acpat.org