



Your Clinic Here
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ORTHO Stifle Post Op Level 1 (Acute)

Client ID
59782567
Online access
login.wibbi.com

Notes :

Please complete the program in the sequence provided. The goals are to decrease swelling from the inside of the joint out which will decrease pain and promote weight bearing.

1 PL Elevation



Freq: 2-3x/day Duration: 15-30 minutes

2 Stifle Compressions



Sets: 1 Reps: 25 Freq: 2-3x/day

3 Stifle Retrograde Massage



Sets: 1 Freq: 2-3x/day Duration: 5 minutes

4 PL Flex Extend PROM



Sets: 1 Reps: 10 Freq: 2-3x/day

5 Stifle Cold Pack



Freq: 2-3x/day Duration: 10 minutes

6 Walking on Leash



Freq: 5x/day