

# **Clinical Protocols & Rehabilitation Regimens For A-TraC Dynamic Brace**

**Unless recommended by your veterinarian, do not use the LROM Rods (stiffer rods) if a bilateral brace is chosen (brace for both legs) as this increases the dog's difficulty in acclimating to the brace.**

## **A-TraC Dynamic Brace as adjunct to CCL Surgery** *May begin rehabilitation program only with veterinary approval*

### **Post-op. TPLO**

- Utilize the stiffer rods in the rod pockets (LROM rods) for approximately 3 to 4 weeks. Check with veterinarian before discontinuing stiffer rods.

#### **1<sup>st</sup> Week**

- Begin leash walks for 5 minutes 3 to 4 times per day. If during ambulation the dog seems to be struggling then discontinue walk. Note duration of time before dog began to struggle with ambulation and adjust future walks to that amount of time.

#### **2<sup>nd</sup> Week**

- Add 3 minutes to the initial adjust walk time and leash walk 3 to 4 times per day. Adjust walk time as above if dog begins to struggle with ambulation.

**Continue with above progression for 12 - 14 weeks or until vet. tells you to discontinue.**

**\*Add "Incline Walks" only per your vets. instructions. (See Below)**

### **Post-op. Extra-capsular repair or other soft tissue repair**

- Use the stiffer rods in the rod pockets ( LROM rods) until the dog bears weight on the affected leg (usually 1 – 7 days). Once dog bears weight normally, immediately substitute the more flexible rods in the rod pockets (TROM rods).

#### **1<sup>st</sup> Week**

- Begin leash walks for 5 minutes 3 to 4 times per day. If during ambulation the dog seems to be struggling then discontinue walk. Note duration of time before dog began to struggle with ambulation and adjust future walks to that amount of time.

#### **2<sup>nd</sup> Week**

- Add 3 minutes to the initial adjusted walk time and leash walk 3 to 4 times per day. Adjust walk time as above if dog begins to struggle with ambulation.

**Continue with above progression for 10 to 12 weeks or until your vet. tells you to discontinue.**

**\*Add "Incline Walks" only per your vets. instructions. (See Below)**

## **A-TraC Dynamic Brace®** **as part of a conservative therapy regimen after a CCL Rupture**

### **Acute CCL rupture, partial or complete utilizing conservative care**

- Use the stiffer rods in the rod pockets ( LROM rods) until the dog bears weight on the affected leg. Once dog bears weight normally, immediately substitute the more flexible rods in the rod pockets (TROM rods).
- Begin rehabilitation program as soon as TROM rods are inserted ( usually 1-7 days)

#### **1<sup>st</sup> Week**

- Begin leash walks for 5 minutes 3 to 4 times per day. If during ambulation the dog seems to be struggling then discontinue walk. Note duration of time before dog began to struggle with ambulation and adjust future walks to that amount of time.

#### **2<sup>nd</sup> through 8<sup>th</sup> Week**

- Add 3 minutes to the initial adjusted walk time and leash walk 3 to 4 times per day. Adjust walk time as above if dog begins to struggle with ambulation.

#### **9<sup>th</sup> Week**

Continue with regular leash walks 3 - 4 times per day plus add walks up and down mild inclines ( SEE IINCLINE WALKS) as part of the regular walks..

#### **\*INCLINE WALKS**

Begin with incline walks after the 9<sup>th</sup> week. Inclines should be about 5 to 10 degrees and do not exceed 15 degrees.

Begin by going up and down the inclines for about 5 minutes of the total walk time. Increase time on inclines by 3 minutes each week.

Continue with above progression for 3 to 4 weeks.

**Once the dog has completed the above regimen it is advisable to continue with the brace for an additional 2 to 3 months only at times when the dog will be more active (i.e.; running in the back yard, at dog park, playing fetch, etc)**

**In some cases (especially long standing injuries and failed surgery, etc. , the dog may require continuous use of the brace for much longer periods of time.**