



Pawsitive Steps Canine Rehab

Putting the pep
back in your pup's
step

Cranial Cruciate Ligament (CCL) Injury

The Cranial Cruciate Ligament (CCL) is the Anterior Cruciate Ligament (ACL) in humans. It is the one of the most common injuries among dogs of all shapes and sizes. It is the most common cause of hind limb lameness in dogs. It is located in the knee (stifle) and provides stability to the knee.



Signs and Symptoms

- Swelling
- Limping
- Reduced movement in the knee
- Cracking noises in the knee
- Reluctance to exercise or have the knee touched
- Weight shifting to one side when standing
- Holding hind limb off the ground
- Hind leg extended when sitting

How is it diagnosed?

Your veterinarian will perform an exam which will include observation of your dog walking, palpation, special tests and x-rays. X-rays do not show the status of the CCL, but they do X-confirm the presence of joint effusion (fluid accumulation in the joint which indicates that there is a problem within the joint), the degree of arthritis, to aid in surgical planning and to rule out concurrent disease conditions such as bone cancer. This will help them rule out other conditions which can cause hind limb weakness. tears.

Who is likely to get a CCL tear?

Trauma can and does result in CCL tears, but 80% of cases are actually due to degenerative changes that happen over time among dogs aged 5 to 7 years. In dogs under 4 years old, acute tears, or tears caused by injury, are more common. Larger and giant breed dogs are more susceptible to CCL tears, but they can happen in any dog, no matter the size.

Without proper care for CCL ruptures, it can lead to progressive osteoarthritis and even meniscal tears, resulting in more pain, reduced quality of life, and increased difficulty doing the things they love to do. A CCL injury doesn't have to hold back your pup from living their best life! Intervention options vary, but canine rehab remains a crucial component to recovery.



Pawsitive Steps Canine Rehab

Putting the pep
back in your pup's
step

Cranial Cruciate Ligament (CCL) Injury Surgery, Rehab, or both?

There are several factors that need to be considered in order to answer that question. Every dog is different. By consulting with both a veterinarian and a canine physical therapist, you will have a better idea of which route will be best for your pup to take. These are some factors that your pup's healthcare provider will take into consideration to determine the best plan of care:

- Age
- Energy level
- Weight
- Full vs. partial tear
- Presence of a meniscus tear
- If the other knee is affected or not

Regardless of what option you choose, canine physical therapy will help your pup have optimal results.



Does Rehab help and what does rehab look like?

No matter the treatment route your dog is going through, canine rehab can help promote tissue healing, provide a progressive strengthening program, and assist in normalizing gait (walking) mechanics. Pain management is typically the first goal with or without surgery, then promoting weight bearing of the limb.

During our evaluation, we determine what exercises should be done and walk you through the exercises. Within 48 hours of the evaluation, we will send you a link to a portal that has the prescribed pictures and videos for you to continue to do exercises at home. THE HOME EXERCISE PROGRAM IS THE BIGGEST COMPONENT OF SUCCESS. CARRYOVER IS ESSENTIAL. Every case and situation is different, and rehab is expensive. We encourage you to do an evaluation and determine what you're able to do at home and what is financially feasible.

Pawsitive Steps Canine Rehab
Putting the Pep back in your pup's step
405-367-5732

Instagram: PawsitivestepsOK

Facebook: Pawsitive Steps Canine Rehab-Pawsitive Steps OK
pawsitivestepsok@gmail.com
www.pawsitivestepsOK.com