



PHYSIOTHERAPY MANAGEMENT OF: PATELLA LUXATION

Medial patella luxation (MPL) is a common condition in small dogs (less than 10kg). This is most commonly due to poor biomechanics/conformation at the hip joint which results in abnormal forces that act on the kneecap causing it to ride outside the groove. It also occurs in larger breeds (but often the patella is unstable laterally like in humans), usually associated with minor or major knee injury. The anatomy in the dog of the knee/stifle is almost the same as in humans. In humans often the patella subluxes laterally (to outside) but in dogs it mainly moves medially (inside). This often causes pain, skipping at the trot and leads to marked muscle wasting and imbalance around the knee, hip and pelvis.

The luxating patella will be graded a 1-4 depending on how loose it is in the joint. If it is beyond a 2-3 grade surgery may be indicated. This will likely involve angles in the leg to be altered (by cutting the tibia/shin bone and moving it across – tibial crest transposition). If required a recession trocheloplasty may also be performed (the groove the patella sits in will be deepened). Surgical correction is aimed at correcting the conformational issues.

Whether your dog is being managed conservatively or post-surgery, Physiotherapy is critical to maximise your dog's overall recovery. Physiotherapists are movement experts. We are trained to examine every aspect of the movement system and maximise the recovery process (including addressing secondary issues due to your dog limping) and to get them back to full recovery.

PHYSIOTHERAPY BENEFITS:

- **Reduce pain/muscle spasm**
- **Facilitate healing**
- **Restore normal passive range of movement**
- **Muscle re-education – normalise muscle tone and balance**
- **Assist functional return to activities**
- **Prevent or minimise complications**
- **Improve proprioception (joint position sense)**
- **Improve core stability**
- **Increase strength in a controlled manner**
- **Gait re-education**
- **Improve your pet's overall condition**
- **Education to manage at home and maximise recovery**

WHEN?

Treatment should begin as soon as possible after an injury, preferably in early stages (even prior to surgery) to minimise secondary complications, aid healing, and maximise recovery. Generally, 10-14 days is the best time to start with our initial consultation (your Veterinarian will advise also).

Early intervention can help to reduce pain, improve range of motion, limit progression of arthritis, and most importantly build stability and strength of the knee joint. Physiotherapy is not just about exercise – we are experts at acute management of injuries also. Therefore, it is vital to maximise the speed of your dog's recovery to make sure he/she safely gets back to appropriate exercises and therefore limit any secondary complications.

An extensive home program will be given to help maximise your dog's recovery and this must be performed PAINFREE. Every dog is unique and should be treated as such when designing a program – **there is no formula!**

CONSULTATION

At Holistic Animal Physiotherapy will provide a thorough assessment (1 hour-1.5 hr), including hands-on/manual assessment and treatment from nose to tail, acupuncture, advice and provision of home program (including provision of appropriate stability exercises). We can also provide advice to help manage your dog at home with confinement, (as this can be stressful for the human and dog) and tailor your program to your needs. We are available for advice for ongoing management at any stage. Following consultations are 30 mins-45 mins. Underwater treadmill/laser packages are also available.

LOOKING FOR FURTHER INFORMATION?

Please visit www.holisticanimalphysio.com.au / Facebook (holistic animal physiotherapy)/Instagram (brookeanimalphysio). Call Brooke (0408 022 660) to make an appointment or ask any questions you may have.

Kind regards,

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