Clinical case: Rupture of the anterior cruciate ligament – Cryotherapy

Presented by Dr. Yves Couniot – Villers-La-Ville 1495 (Belgium)

Veterinary surgeon

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Information on the patient

Fonzie
Age: 2 years old
Sex: Castrated male
Breed: Rottweiler
Weight: 42 Kg

Pathology

Rupture of the right anterior cruciate ligament (2 months after rupture of the right ACL)

History

- Rupture of the anterior cruciate ligament 10/03/17 (2 months after the left ACL) by CBLO technique (Cora Based Leveling Osteotomy).
- Fracture of the fibula (10/28/17
- Probably as a consequnce of the technique used).

Clinical examination

Slight limp, but favors the limb when moving and withdraws it when static after 10 minutes walking or active exercise.

Differential diagnosis

N.A. as post-op

Additional examinations

X-rays (not available)

Diagnosis

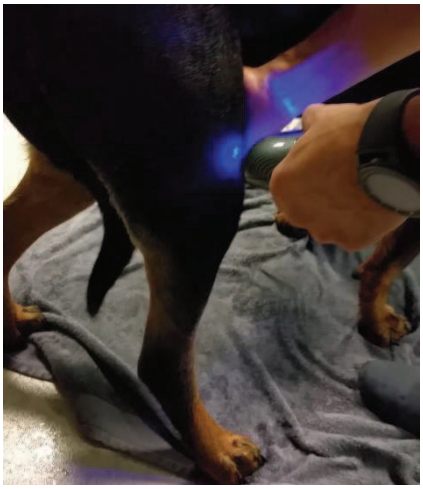
Post-op

Prior treatment and outcome

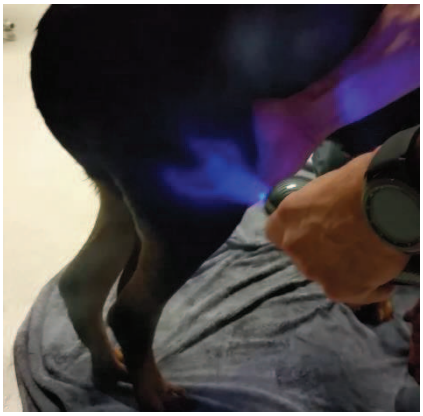
Antibiotics, Anti-inflammatories

Cryotherapy protocol

The dog was treated from the 3rd day post-op to reduce the edema and swelling with K-Laser laser therapy, then cryotherapy in order to improve vascularization, and to reduce the edema.

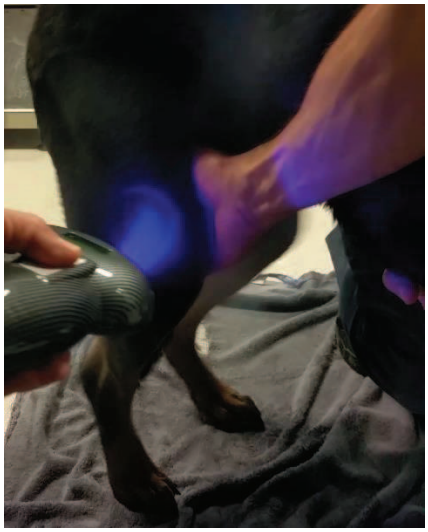


The frequency is 3x/week: the owner applies cold packs 2 to 3x/day for 10 mins.



Currently, he is only coming to rehabilitation 2x/week (massage, active and passive exercises, ESTIM and submerged treadmill).

Each session ends with a cryotherapy session on an area of 100cm² centered on the knee which was operated on, with the aim of relieving pain and improving circulation.



Results

The dog uses the paw after the session. Over and above that, with physiotherapy, we have currently increased the thigh circumference by 2cm.

Discussion

I sometimes use cryotherapy before the hydrotherapy session to give the animal pain relief after active exercise and to allow the joint to warm up in the water at 28°C .

Watch the **Mikan Vet** YouTube channel for the video of Fonzie's treatment:

https://youtu.be/ppuWd22di1E