



Exercise re-introduction for cats

Your cat will have been crate rested to allow for healing to progress to the point where exercise can be gradually re-introduced.

This will involve your cat to be allowed out of the crate in a controlled manner. Initially, this will mean supervised time out of the crate, building up to room rest, then house rest, then being allowed out again (if your cat is an outdoor cat).

A guide protocol is as follows:

- Supervised time out of the crate for 10 minutes three times a day for 5 days. No jumping onto furniture or window sills.
- Supervised time out of the crate for 15 minutes three times a day for 5 days. No jumping onto furniture or window sills.
- Supervised time out of the crate for 20 minutes three times a day for 5 days. Some jumping onto furniture or window sills allowed.
- Supervised time out of the crate for 25 minutes three times a day for 5 days. Some jumping onto furniture or window sills allowed.
- Supervised time out of the crate for 30 minutes three times a day for 5 days. Some jumping onto furniture or window sills allowed.
- One room rest for 2 weeks.
- House rest for 3 weeks.
- Return to normal activity.

If post operative physiotherapy/hydrotherapy has not begun post operatively, we would highly recommend this as an important part of the rehabilitation for your cat. Please contact your own surgery to find information on your closest centre.