

VetCell Post-Implantation Rehabilitation Programme

Case number:
 Horse:
 Owner/trainer:
 Referring vet:
 Injury: superficial digital flexor tendon injury
 Date of implantation:

Exercise level	Week	Duration and nature of exercise
Box rest	0	Implant cells
	1	Box rest; maintain clinical bandage
Walk	2	10 minutes walking; replace clinical bandage with stable bandage; maintain stable bandaging
	3	15 minutes walking; maintain stable bandaging
	4	20 minutes walking; maintain stable bandaging; Repeat ultrasound examination
	5	25 minutes walking
	6	25 minutes walking
	7	30 minutes walking
	8	30 minutes walking
	9	35 minutes walking
	10	35 minutes walking
	11	40 minutes walking
	12	40 minutes walking; Repeat ultrasound examination
	Trot	13
14		40 minutes walking and 5 minutes trotting daily
15		40 minutes walking and 5 minutes trotting daily
16		40 minutes walking and 5 minutes trotting daily
17		35 minutes walking and 10 minutes trotting daily
18		35 minutes walking and 10 minutes trotting daily
19		35 minutes walking and 10 minutes trotting daily
20		35 minutes walking and 10 minutes trotting daily
21		30 minutes walking and 15 minutes trotting daily
22		30 minutes walking and 15 minutes trotting daily
23		30 minutes walking and 15 minutes trotting daily
24		30 minutes walking and 15 minutes trotting daily; Repeat ultrasound examination
25		25 minutes walking and 20 minutes trotting daily
26		25 minutes walking and 20 minutes trotting daily
27		20 minutes walking and 25 minutes trotting daily
28		20 minutes walking and 25 minutes trotting daily
29	15 minutes walking and 30 minutes trotting daily	
30	15 minutes walking and 30 minutes trotting daily	
31	10 minutes walking and 35 minutes trotting daily	
32	10 minutes walking and 35 minutes trotting daily; Repeat ultrasound examination	
Canter	33-48	Introduction of canter work; gradual return to full work
	48	Repeat ultrasound examination
Full work	48+	Treat as normal

The ultrasound re-examinations shown are the minimum number – further examinations can be performed as necessary (every 2-3 months is recommended). This exercise programme may be altered (shortened or lengthened) depending on the progression of the case. Any questions, contact Professor Roger Smith at the RVC – 01707 666667.