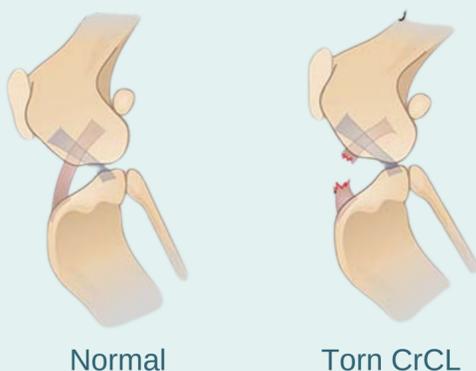


Cranial Cruciate Rupture



What is it?

Known as the ACL in humans, the cranial cruciate ligament (CrCL) helps to stabilise and prevent over-extension in the knee. The CrCL can degenerate over time, like a fraying rope and cause instability in the knee joint.



Why does it happen?

The majority of ruptures are a result of long-term degeneration, resulting in the weakening of the ligament fibres.



What should I expect?

Many dogs develop secondary OA but with the help of pain medication from your vet and physiotherapy this can be managed effectively. You may also want to consider surgical options if it is a full rupture – your vet should discuss this with you



Where can I go for more info?

Firstly, you can speak to your vet or your physio. Secondly, you can visit Canine Arthritis Management (CAM) or CrCL facebook support groups for further owner insights to the disease



What should I look for?

- Limping on a back leg – this may be sudden onset or progressive and intermittent
- Reluctance to bear weight through the limb or 'toe touching'
- Difficulty going up/down stairs or rising from lying
- Abnormal gait – can look like paddling
- Physique and muscle changes
- Change in temperament



Can I still exercise my dog?

Yes but you may have to modify the exercise you do. Your physio should discuss these changes with you – be prepared to swap high intensity exercises with more mental stimulating activities on walks.



What can I do to help?

- Follow your physio exercise/treatment plan
- Extra supports like slings may be helpful in the initial period of recovery to aid mobility
- Provide traction for your dog if you have slippy flooring i.e. rugs
- Ensure your dog is of a healthy weight



Keys to Successful Management



Don't underestimate the benefits of a unique and personalised home exercise plan



Home adaptations are easy and effective at promoting mobility and reducing injury risk around the home



React quickly to any changes in mobility, behaviour and capability