

Femoral Head and Neck Excision

The Condition

Femoral Head and Neck Excision (FHNE) is a salvage procedure to treat hip conditions such as hip dislocation and fractures of the femoral head or neck.

The Surgery

During surgery the head and neck of the femur are removed with a bone saw. X-rays are taken after surgery to confirm the location of the boney cut.

A false joint forms at the hip as the body forms scar tissue at the surgical site. It is important to maintain movement at the site of the scar tissue in order to prevent the false joint from having a reduced range of movement

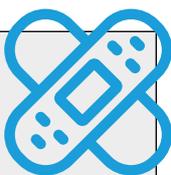
Post operative care

FHNE is a major procedure and it is important to follow these instructions closely for the best chance of a successful outcome.



Surgical Wound:

Your pet will have a wound on the inside of their leg. Please check this area twice daily, and report any swelling, redness or discharge from the wound.



Medication:

Your pet will be prescribed antibiotics and pain relief, it is important to follow instructions to avoid complications. Please report any changes in demeanour, vomiting or diarrhoea to your vet immediately.



Cold & Warm Therapy:

For 3 days post operatively – use an ice pack wrapped in a towel applied to the outside of the joint (not directly over the wound) for 5-10 mins 2-3 times daily.

Some swelling of the operated leg is to be expected and cold therapy and gentle massage from the toes up towards the stifle will reduce this



Introducing Exercise:

It is vital that you don't restrict your pet immediately after surgery; the more they use their leg the better the outcome will be. Encouraging your cat to move can be challenging and using play can be useful including chasing toys/lasers. For dogs, lead walking in addition to physiotherapy is useful. Once your dog is comfortable walking for 5-10 minutes you can add 5 minutes to walk length per week until they reach 30 minutes at which time they can start to have some off lead time.



Hydrotherapy:

This can be started once the surgical wound has healed, (usually around two weeks after surgery) under the guidance of your vet.



Post operative care (continued)

Physiotherapy:

Physiotherapy videos:

Videos of the physiotherapy exercises can also be seen on our website www.provetsurg.co.uk

2-4 weeks post-operatively

Elevated Sit-Stand

Place a small box or large book behind your pet's back legs and ask them to sit onto the item. Then ask them to rise back into a stand. Repeat 3-4 times twice daily. If the operated leg flops out to the side, try doing the exercise with the operated leg alongside a wall.

Weight Shifting

Stand your dog on a firm surface. Stand behind them and pop your arm under their belly to stop them sitting down (without holding them up). Using a treat, slowly lure them to turn their head round to their ribs on the right side, hold this position for a few seconds and then slowly lure them round to the ribs on the left side. Repeat 3 times each side twice daily.

In the same position, bring the treat between their front legs to lure their head down and between the front legs. This encourages them to shift their weight onto their back legs. Repeat 4 times twice daily.

4-6 weeks post-operatively

Sit to stand against a wall

Place your dog with the operated leg alongside a wall. Ask for a sit onto the floor and then a stand. Ensure the operated leg is not falling out to the side. Repeat 4 times twice daily.

Weight shifting on a wobbly surface

Progress from weight shifting using a treat on a firm surface to performing the exercise with you pet standing on a piece of foam/other soft surface.

Lateral Weaving

Place six items in a line with a space your dog's length in between them. Encourage your dog to SLOWLY weave in and out of the cones/items. Repeat 4 times twice daily.

Low Pole Work

Place poles or items close to the ground for your dog to step over. Make sure there is a dogs length between each item. SLOWLY walk your dog over the items to encourage lifting and placing of each leg. Ensure they do not jump or hop their back legs over. Repeat 4 times twice daily.



Outcome

FHNE is a salvage procedure used to maintain function in the hip and remove the source of pain. Light and small patients usually have a predictable return to acceptable function, although a mechanical lameness often persists. Most small dogs and cats have good long term mobility and comfort. Outcome is largely governed by the quality of post-operative physiotherapy.

If you are concerned about your pet's progress, or you are struggling with the physiotherapy exercise please contact your vet.

