IVDD Crate-Rest Daily Log

Strict crate rest only works if it is strict every day: **crate or small pen, out only for potty breaks on a harness, medication exactly as prescribed, and no jumping, stairs or play even when your dog seems fine.** Your vet sets how long, often a few weeks.

FILLABLE PDF — TYPE ON A COMPUTER OR TABLET, OR PRINT AND FILL IT IN BY HAND.

DOG'S NAME _____ CRATE REST STARTED _____ VET'S PLAN (WEEKS) _____

THE RULES, EVERY DAY

- ☐ **A crate or small pen** to lie down and turn around in, not to walk laps
- ☐ **Out only for potty breaks,** on a leash and harness, carried or supported as your vet showed you
- ☐ **Soft, clean, dry bedding;** check hips, elbows and hocks daily for sores or urine scald
- ☐ **No jumping, stairs, furniture or play,** even on good days
- ☐ **Medication exactly as prescribed,** never with human pain relievers or extra anti-inflammatories
- ☐ **Bladder expression** only if your vet or vet nurse has shown you how

DAILY LOG

DATE	MEDS ✓	PEED	POOPED	LEGS AND WALKING	PAIN OR MOOD	NOTES

Call your vet or an emergency clinic now if your dog gets worse during crate rest: more pain, new wobbliness or weakness, can't move the back legs, seems to lose feeling in them, or can't urinate. Bring this log; the day-by-day record helps your vet judge the change.

THE FULL VERSION: IVDD RECOVERY GUIDE & PLANNER · ON ETSY: NEWDOGCO.ETSY.COM

Sources: American College of Veterinary Surgeons (intervertebral disc disease); Merck Veterinary Manual (degenerative diseases of the spinal column and cord).