



# Dog Exercise Restriction

Your dog is suffering from a condition which means that you must restrict some of the normal forms of activity and exercise. These restrictions are intended to reduce stress on damaged joints, muscles, tendons and ligaments. Some of the following restrictions may not apply to your dog however, and your veterinary surgeon will advise you which ones are important for you

## *Lead Walks Only*

Walk on the lead at all time. If your dog is allowed to run freely off the lead, it may put strain on parts of the body that are healing or inflamed.

## *Stick to Soft Surfaces*

Try to walk on soft surfaces if possible. Grass in particular has a very beneficial shock absorbing effect and is probably the best surface to use if available. If not, stick to flat and level surfaces such as pavements and roads. Avoid irregular surfaces such as woods and ploughed fields, and also avoid steep hills and inclines.

## *Short Walks*

Give short walks instead of more conventional

long walks morning and night. The reason for this is to keep the joints moving, therefore keep the lubricating fluids in the joints flowing more continuously. This means that the joint does not 'dry out' and suffer more wear when the dog starts to move again.

## *Restrict Activity*

Do not allow any of the usual forms of play activity such as chasing a ball. This involves rapid acceleration, fast movement, skidding, twisting, turning and jumping. Do not allow rough play or tumbling with children or other dogs. Avoid steps and stairs - going up and down stairs is particularly bad for some conditions,

especially back problems because it moves the spine into awkward positions. If there is a steep step to a door, you may have to put a pallet or ramp to create a smaller step for the dog to use. Do not encourage your dog to jump on chairs or beds to greet you. It is better if you go down to their level if you want your pet to sit beside you. In extreme cases you may have to cover or tip chairs which are not in use. Do not pick up a small dog unless absolutely necessary. Leave it on the floor where it will be able to find the most comfortable method of movement for itself

## *Avoid Slippery Surfaces*

Your dog may run into the kitchen for his food or run to the front door when the bell rings and slip on a slippery surface. You may have to lead your dog to the kitchen, or unplug your doorbell to avoid these.

## *Keep Calm*

Look carefully at your dog's environment and try to anticipate problem areas which might apply to your dog. For example, when your dog is allowed into the garden, it may chase a cat or bird at high speed. If your dog is likely to do this, put a collar and lead on before letting it carefully into the garden until its excitement has died down.

