

# Keep Your Dog Moving with Ease

We all want our dogs to live long, happy, comfortable lives. We want to exercise together, enjoy the outdoors, stop for a coffee and a pup-occino, and sometimes just curl up on the couch together or hang out in the garden. They bring so much to our lives.

They also rely on us to meet all their needs. It is our duty to look after them the best way we can with all the love they provide to us. This includes keeping them moving with ease - through all stages of the lifespan.

**Check out these 10 tips to ensure you keep your best friend moving with ease throughout their life.**

**1. PROVIDE YOUR DOG WITH A COMFORTABLE BED TO SLEEP ON AT NIGHT**

**2. EXERCISE YOUR DOG ON SURFACES WITH GOOD FOOTING - AVOID SLIPPERY SURFACES**

**3. MAKE SURE YOUR PET IS WARM IN WINTER - PROVIDE A COAT, WARM BEDDING AND SHELTER FROM THE WEATHER**

**4. KEEP YOUR POOCH LEAN - ITS MUCH MORE DIFFICULT FOR DOGS TO MOVE AROUND IF THEY ARE OVERWEIGHT**

**5. FEED THEM GOOD QUALITY FOOD. JUST LIKE US, THEIR BODY CAN'T OPERATE WELL ON POOR QUALITY FOOD**

**6. GIVE THEM A MASSAGE ONCE A WEEK OR SEEK OUT A QUALIFIED ANIMAL HEALTH PRACTITIONER TO HELP KEEP YOUR DOG IN TIP TOP SHAPE**

**7. HAVE A MOBILITY CHECKUP WITH AN ANIMAL PHYSIOTHERAPIST ONCE PER YEAR - PARTICULARLY IF THEY ARE A SENIOR PET, OR STARTING TO LOOK A LITTLE STIFF**

**8. AVOID REPETITIVE JUMPING AND BALL CHASING - TOO MUCH IMPACT LEADS TO EARLY ONSET OF ARTHRITIS AND CONTRIBUTES TO JOINT INJURY**

**9. PROVIDE ALTERNATIVES TO HIGH IMPACT EXERCISE WITH BRAIN TRAINING EXERCISES AND GAMES LIKE FOOD PUZZLES**

**10. IF YOUR DOG IS OVER 7 YEARS OF AGE THEN ADDING A JOINT SUPPLEMENT TO THEIR DIET CAN HELP WITH JOINT PROTECTION AND ALLEVIATE SIGNS OF ARTHRITIS**





### **Animal Physiotherapy**

Animal Physiotherapists begin as Human Physiotherapists then complete extra qualifications before treating animals. So they are experts in assessment of musculoskeletal and neurological conditions. They are experienced in assessing movement such as gait and functional activities, assessing weakness in muscles, tightness or soreness in muscles, joints, ligaments and tendons. They then develop a treatment program that is right for your pet and you.

### **What to Expect During an Animal Physiotherapy Session**

Just like when you go to see a Physiotherapist, your pet's physio will ask you a range of questions to get a good picture of your dog's problem, they will watch your dog move, then systematically perform an assessment of the particular body regions affected.

### **Treatment**

Treatment can include a number of modalities such as:

Massage and Myofascial Release

Joint Mobilisation

Underwater treadmill / hydrotherapy

Acupuncture

Cold Laser Therapy

Prescription of mobility aids such as Harnesses, Wheelchairs, Protective boots, Braces

### **Length of Treatment Programs**

Depending on your dog's condition, they may attend for a single appointment if they are coming for a mobility check up, or if they require rehabilitation after a surgery, they may be coming for some week- just like we would.

### **Physiotherapy and Senior Pets**

This is one of our favourite groups of patients to treat. Often they are thought to be stiff and move slowly just because they are old, but we can really make a difference to these patients, through treating their bodies to reduce stiffness and soreness, reducing arthritic pain, then increasing their strength, leading to overall improved mobility and enjoyment of life. Simple advice on how to set up the home to make their life easier and appropriate exercises and massage techniques are also provided.

**If you would like to know about how Animal Physiotherapy could help your dog, or wish to discuss your pet's case, please contact us on 03) 9553 0896, or email us at [admin@dogsinmotion.com.au](mailto:admin@dogsinmotion.com.au)**

*At Dogs In Motion, we work towards helping your dog to 'thrive' not just survive.*

