

Both Ends Of The Lead Canine Stretching Guide





- **Warm-up before you stretch.** When warming up your dog, start at a slow pace. It's beneficial to the dogs to start with a walking pace than gradually build up to a jogging pace before you let them start running at full speed. This gives their muscles the opportunity to warm up gradually and reduce the risk of injury. The best time to stretch a dog is when their muscles are warm. The muscles will be more pliable and stretch more effectively after warming up or at the end of their exercise.



- **Focus on major muscle groups.** When you are stretching your dog, focus on major muscle groups initially such as the hips, back, shoulders and thighs. Then when your dog is more comfortable with being stretched, introduce some of the smaller muscle groups, such as the muscles around the elbows and wrists.
- **Stretch both sides.** It is important to stretch both sides of the body. For example if you stretch the right hip, then stretch the left hip too.
- **Don't bounce.** When performing a stretch for your dog, aim to keep it a flowing, smooth movement.





- **Hold your stretch.** Hold each stretch for up to 30 seconds if comfortable for your dog.
- **Don't stretch too far.** Only stretch as far as your dog is comfortable to let you. As soon as you feel any resistance in the muscle you are stretching, either stop and hold it there or back off slightly. Look out for signs such as pulling their limb away, yawning or irritability, as these can be indications your dog is uncomfortable and you should stop the stretch.



- **Maintain your stretching.** You and your dog can achieve the most benefits by stretching regularly. If you don't stretch regularly, you may lose any benefits that stretching offered. Stretching does not need to be time-consuming. Once your dog is used to being stretched, you may only need to stretch them two to three times a week to get the most benefits from a stretching routine.
- Stretching however **may not be appropriate** for every dog. If your dog has a chronic or degenerative condition or injury, or is under 18 months of age, you should not stretch them. You should always consult a veterinarian first if you are unsure and apply common sense.

About



We are a unique business offering a range of health and wellbeing services for owner and dog. Our purpose is to help dog and owner live, play and function at their optimal health level.

We are passionate about giving you the information and tools to help you take the best care possible of yourself and your dog.

What we do for Dogs -

- Muscle Function Therapy
- Stretching, Mobilisation, Conditioning & Rehabilitation
- Laser Therapy/Laser Acupuncture
- Thermal Therapy
- Exercise and lifestyle advice for your dog

What we do for You -

- Corrective Exercise and Improve Posture Programs
- Performance and Career Coaching Services
- A range of Body Work modalities to help address musculo-skeletal aches and pains
- A comprehensive on-line wellbeing program



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