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*Arthritis Care & Rehabilitation... For Dogs*

YOUR DOG AND ARTHRITIS  
ACADEMY  
REFERENCE GUIDE

Here is our quick reference guide to help you get the best possible outcome for your dog and have the most fun doing it!

Just choose the suggested program that best suits your dog and follow the exercises and recommended guidelines within it.

Please remember these are only guidelines. The ‘YOUR DOG AND ARTHRITIS ACADEMY PROGRAM’ is designed to be a *fluid, flexible* program that you can adapt to suit your dog and timetable.

Once you become familiar with the exercises in the ‘YOUR DOG AND ARTHRITIS ACADEMY PROGRAM’, you can start to build and **personalise your own program** for your dog, drawing on all the exercises that you find that benefit your dog the most.

That’s the beauty of the ‘YOUR DOG AND ARTHRITIS ACADEMY PROGRAM’.

I hope you enjoy the experience as much as your dog will.



# ARTHRITIS PROGRAM

MODULE	BODY REGION	FREQUENCY
Massage	All	2-3 times a week
Stretching	Front End, Back End & Neck Stretches	1-2 times a week
Acupressure	Points 1 & 2 together Point 4 Points 5 & 6 together Point 7 Point 8 & 9 together Point 10	2-3 times a week
Heat Pack	All	3 times a week
Strength & Conditioning	Sit To Stands, Weight-Shifting & Gentle Incline/Decline work	2 times a week
Healthy Joints	All	2 times a week
Calm Dog	Neck Massage, Palm Strokes, Palm Openings, Retreating Cat	1-2 times a week
Putting It All Together	All 3	2-3 times a week
Dog Arthritis Care Package	Gua Sha Massage Heat Pack Acupressure Stimulator (refer to 6 Effective Acupressure Points for Arthritis Guide)	2-3 times a week 3 times a week 3 times a week

## AGING DOG PROGRAM (7 YEARS +)

MODULE	BODY REGION	FREQUENCY
Massage	All	2-3 times a week
Stretching	Front End, Back End & Neck Stretches	1-2 times a week
Acupressure	Points 1 & 2 together Point 4 Points 5 & 6 together Point 7 Point 8 & 9 together Point 10	2-3 times a week
Heat Pack	All	2 times a week
Strength & Conditioning	Sit To Stands, Weight-Shifting & Gentle Incline/Decline work	2-3 times a week
Healthy Joints	All	1-2 times a week
Calm Dog	Neck Massage, Palm Strokes, Palm Openings, Retreating Cat	Once a week
Putting It All Together	All 3	2 times a week

# HEALTHY DOG PROGRAM

MODULE	BODY REGION	FREQUENCY
Massage	All	2 times a week
Stretching	All	Once a week
Acupressure	Points 1 & 2 together Points 5 & 6 together Point 8 & 9 together Point 10	2 times a week
Heat Pack	All	2 times a week
Strength & Conditioning	Sit To Stands, Weight-Shifting & Gentle Incline/Decline work & Unstable Surfaces	2-3 times a week
Healthy Joints	All	Once a week
Putting It All Together	All 3	2-3 times a week

# About



We specialise in helping dogs with Arthritis live a long, happy, pain-free life.

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



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