

Exercise Restriction

Your dog is suffering from a condition which means that you must restrict some forms of activity and exercise. These restrictions are intended to reduce stress on damaged joints, muscles, tendons and ligaments. Not all of the following restrictions will apply to your dog, but we will advise you which ones are important for your pet.

- Short Lead Walks Only** - Walk on the lead at all times. 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. Give short walks morning and night instead of one long walk as it keeps the joints moving, therefore keeping the lubricating fluids in the joints flowing regularly. This means that the joint does not 'dry out' and suffer more wear when the dog starts to move again.
- Stick to Soft Non-Slippery 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. You also must be aware of slippery surfaces in the home as your dog may run into the kitchen for his food or run to the front door when the bell rings and slip. You may have to lead your dog to the kitchen, or unplug your doorbell to avoid this.
- 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. 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.
- Keep them 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.

Contact Information

Telephone (24 hours): 01472 347054

Telephone (Office hours): 01472 362821

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Sometimes it is necessary for your dog to be rested. Whether this is due to an injury or because it had a surgery, the prospect of keeping a dog (cage) rested is something a lot of people dread. You just need to create exercises and games to play with your dog to keep him/her occupied, happy and calm without going for a walk. An example of this would be:

Food toys

Instead of just giving your dog his/her dinner in a bowl, why not have him/her use her brain to get their food? There are multiple toys on the market in which you can hide food. Kong® is probably the most well known and has a wide range of toys you can use to keep your pup entertained. Stuff the toy with your dog's regular kibble, mix it with some chum or get creative and fill it with all your pup's favourite (safe) foods.



FOLLOW UP APPOINTMENT

Write appointment time and which surgery it is booked in for below:

Please let us know if you are unable to attend the above appointment and we will arrange an alternative day/time.
