

5 Ways to Help a Stiff Dog at Home

First Things First

Every dog is different. If your dog is recovering from injury, surgery, or has arthritis, always follow your vet's advice first before starting any new exercise.

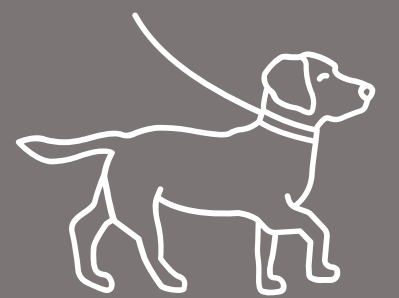
The tips in this guide are designed to be gentle and supportive — but they should complement, not replace, the plan your vet has given.

1

Exercise: Short & Often

Why it helps: keeps joints moving, prevents stiffness.

How to do it: Short, slow walks on lead. Start small and increase gradually. Try gentle surfaces like grass.



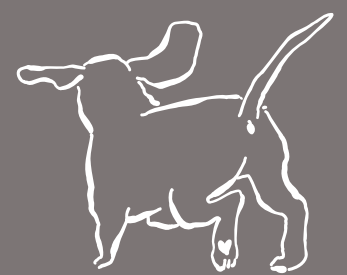
2

Optimise Their Environment

Why it helps: Builds confidence, reduces risk of injury, reduces pressure on joints.

How to do it:

- Non slip surfaces (carpets, runner mats)
- Elevate food bowl to elbow height
- Avoid jumping on/off furniture



3

Weight Control



Why it helps: A healthy weight reduces pressure on painful joints.

How to do it: Check your dog's diet and daily allowance to make sure they are being fed the right amount.

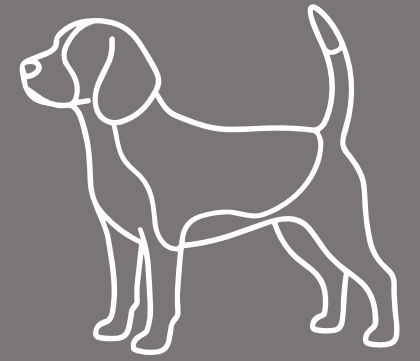
Speak to your vet about a suitable weight-loss plan.

4

Avoid Long Naps

Why it helps: Reduces stiffness, keeps joints mobile.

How to do it: particularly after exercise or hydrotherapy, let them rest, but get your dog up and moving every few hours to avoid stiffening after long periods of sleep.



5

Warm & Comfortable Sleep

Why it helps: Improves circulation and provides comfort.

How to do it:

- Comfortable room temperature
- Orthopaedic/memory foam bedding



Rosecroft

Canine Rehabilitation Centre

Why Hydrotherapy Fits In

All five of these tips are designed to help your dog stay as comfortable and mobile as possible at home.

Hydrotherapy builds on those same principles by allowing dogs to exercise with far less pressure on their joints than they would experience on land.

Every programme is tailored to the individual dog, helping improve strength, mobility and confidence while supporting long-term comfort.

If you'd like to find out whether hydrotherapy could benefit your dog, we'd love to chat.