

Stronger, Safer Recovery: 5 Gentle Exercises for Your Dog

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.

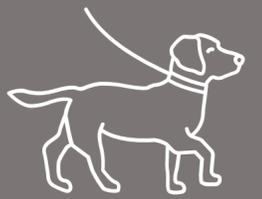
1

Gentle Lead Walking

Why it helps: Builds endurance, keeps joints moving, prevents stiffness.

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

⚠️ Only do this if your vet has approved gentle walks.



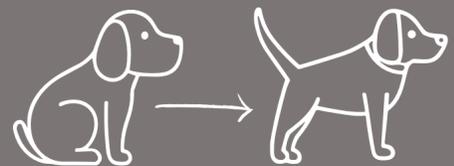
2

Sit-to-Stand

Why it helps: Strengthens hind legs and core muscles.

How to do it: Ask your dog to sit, then stand. Repeat slowly 5-10 times, rewarding calm, steady movement.

⚠️ Avoid if sitting/standing is painful for your dog.



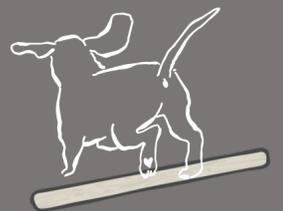
3

Step-Overs/Cavaletti Poles

Why it helps: Improves coordination, balance, and limb strength.

How to do it: Place broom handles or rolled towels on the floor, spaced a few steps apart. Walk your dog slowly over them.

⚠️ Keep poles low — never high enough to jump.



4

Gentle Core Work

Why it helps: Builds stability and balance for recovery.

How to do it: Encourage your dog to place front paws on a cushion or low step for 30–60 seconds. Support them at all times.

⚠️ Only attempt if your vet has okayed balance work.



5

Mental Enrichment

Why it helps: Keeps your dog's brain busy during reduced activity. Prevents boredom and frustration.

How to do it:

- Scatter feed kibble on a snuffle mat.
- Stuff a Kong with soft food.
- Practice short, gentle training cues (like "touch" or "look").

⚠️ Keep sessions short and fun. Stop if your dog seems frustrated.



Rosecroft
Canine Rehabilitation Centre

Why Hydrotherapy Helps

In water, your dog can rebuild muscle without painful impact. The pool and aquatic treadmill support their bodies, protect their joints, and speed up recovery.

Want tailored exercises to get your dog stronger, faster?

Get in touch with Rosecroft Canine Rehabilitation Centre to see how hydrotherapy can help.