

# 10

## EXERCISE TIPS for YOUR DOG

Please check with your veterinarian before starting any exercise program for your pet. Take your dog for a short walk as a warm up before beginning the exercises below.

### 1 Downhill walking.



Improves front leg weight-bearing strength, abdominal strength, and spinal flexion.

Then try uphill walking to improve rear leg strength and spinal extension.

### 2 Do the happy butt scratch dance.



Vigorously scratch the top of your dog's rear end. Most dogs find this stimulating and will "dance" from side to side with the rear legs, shifting their weight and strengthening these muscles.

### 3 Try some paw power.



Give your dog a High Five! The dog will reach up with one paw. Repeat 2 to 3 times on each side.

This movement exercises shoulders, front legs and elbows.

### 4 Make your dog athletically inclined.



Get your pet to lift his front limbs from the ground by using a Physioball, going upstairs or even dancing. These exercises will strengthen the hind limbs. Repeat this exercise with the rear legs to strengthen the front limbs.

### 5 Stand on three legs.



Lift one of your pet's legs off the ground. If it's the front leg, bring the leg forward. If it's the rear leg, lift it backwards. Support the leg lightly so your dog cannot use your grip to help support himself. This exercise helps to improve weight bearing and strength.

### 6 Rock on!



Grab a couch cushion, rocking chair, air-mattress or commercial "bosu" — anything you can rock by hand. Stand the dog on what you've chosen and slowly rock. The dog will automatically shift weight to correct balance with every motion.

### 7A Do the roll over...



Start with your dog in the down/stay position, and hold a treat or toy near the nose as a lure. In a clockwise, circular motion, move the lure to the side of one shoulder, luring the head.

### 7B Roll over...



After repeating and rewarding that motion, pull the lure up to the spine. When the dog begins to lose balance, praise him.

### 7C Roll over.



With practice, he will roll over onto his back and complete the roll over.

### 8 Join in a tug of war.



Encourage the dog to pull straight back — not side to side.

A useful tip: hold the tug straight to the floor as this works the muscles in the front legs as well as the hind legs.

### 9 Stretch up, and then take a bow.



Encourage your pet to stand on hind legs and stretch his front paws upward. If this is too difficult, have your dog rest his front paws on you. Later, when your pet stands after sleeping and stretches — by fully extending his front feet and raising his rear end — praise and reward him. Both positions provide needed extension of the spine.

### 10 Sit up and beg.



Great for core conditioning. Using a healthy treat for reward, lure the dog's head up as far as it will go and hold that position for a few seconds.

Note: avoid this exercise if your dog has a history of back problems or if your dog is currently overweight.

Important advice from  
the fitness experts at



# 10 EXERCISE TIPS for YOUR DOG

ANIMAL MEDICAL CENTER  
ADVANCED TREATMENT, RESEARCH, EDUCATION, DEVOTION, SINCE 1910  
100 YEARS



The importance of keeping  
your dog fit

START THIS  
PROGRAM TODAY!

Keeping your dog in the best possible physical condition will improve your pet's well-being and the quality and duration of life. The staff at The Tina Santi Flaherty Rehabilitation & Fitness Service of The Animal Medical Center highly recommend the exercises and tips on the other side of this poster. Use them to tone and strengthen several areas of your dog's body. And remember that administering a healthy and balanced diet and nutrition plan is an important part of fitness too.

As our instructions for exercise prove, you don't need a large area to give your dog a good workout. These exercises can be performed in just about any corner of your home. Please check with your veterinarian before starting any exercise program for your pet.

In no time at all, you'll discover how exercising together can strengthen the human-animal bond... and make both you and your pet feel healthier!

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100 YEARS  
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[www.amcny.org](http://www.amcny.org)

For general information  
call **212-838-8100** or visit

at **212-329-8890** or **212-329-8833**.

call the Referral Office

If you are a veterinarian making a referral,

Your pet will be examined and cared for by one of our veterinarians.

bring your pet directly to The Animal Medical Center.

In case of emergency,

call **212-329-8610**.

of The Animal Medical Center

at The Tina Santi Flaherty Rehabilitation & Fitness Service

To speak directly to a staff member or to schedule an appointment

call **212-838-7053**, seven days a week.

To set up an appointment at The Animal Medical Center

## • CONTACT INFORMATION •

THE TINA SANTI FLAHERTY  
Rehabilitation & Fitness Service  
of THE ANIMAL MEDICAL CENTER

The only facility of its kind in New York City



Our state-of-the-art suite for companion animals has been fully equipped with underwater and land-based treadmills, a hydrotherapy tub, a gait analysis system, and much, much more. In addition, our staff will be happy to formulate a specialized program for your pet, including diet and home exercise recommendations.

These services can be particularly beneficial to pets that are:

- Arthritic
- Athletic
- Elderly
- Neurologically impaired
- Overweight
- Suffering from endocrine diseases such as diabetes, hyperadrenocorticism, hypothyroidism and others

To speak directly to a staff member at The Tina Santi Flaherty Rehabilitation & Fitness Service of The Animal Medical Center or to make an appointment, call 212-329-8610.

What sets us apart from  
other veterinary hospitals



ABOUT THE ANIMAL  
MEDICAL CENTER  
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The Animal Medical Center  
gives you access to  
world-class veterinary care

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- Acupuncture
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- Avian & Exotic Pet Medicine
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