

Little Green Stables - Canine Stretch Sheet for Owners

1

Pick up the fore limb & with knee flexed, circle clockwise & then anticlockwise – circle slowly until the whole circle is relaxed. Bring the forelimb to maximal forward stretch. Hold the stretch for up to 30 seconds.



2

Guide the fore limb to the outside & then across to the inside and hold, then take the limb backwards & gently hold the stretch for up to 30 seconds.



Stretches can do a tremendous amount to help maintain flexibility between massages and freedom of movement. We advise “passive stretches” by the handler, mobilising the dog’s limbs within a comfortable range of movement and enabling the limb, back and hindquarter muscles to lengthen and relax. The fore limb stretches work on the shoulder, early back and lower neck muscles.



Using these fore & hind limb stretches once or twice a day for two weeks will show you a noticeable difference in flexibility, range of movement and stride length.

3

Not all dogs like having their paws touched, but if they do gently use your thumbs in a circular motion both clockwise & anticlockwise for up to 60 seconds.



4

Pick up the hind limb and holding the hock or lower leg, circle the hind limb clockwise & anticlockwise – circle slowly until the whole circle is relaxed. Bring the hind limb backwards & stretch out behind the dog & gently hold the stretch for up to 30 seconds.

