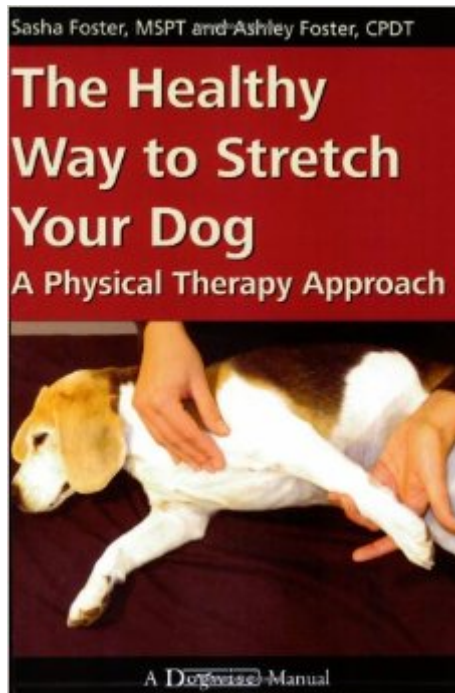


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# The Healthy Way To Stretch Your Dog: A Physical Therapy Approach (Dogwise Manual)



## Synopsis

Research on human athletes is changing what we know about stretching. For example, it is now recognized that aggressive stretching should only take place after muscles are warmed up and shortened from exertion. Authors Sasha and Ashley Foster have applied this latest research to dogs many of whom compete in vigorous canine sporting events so that you can learn how to safely and effectively stretch your dog to prevent injuries, maintain joint integrity, and improve your dog's fitness whether he is an elite canine athlete or a lap dog. Over 300 photos and diagrams demonstrate how to safely and effectively stretch each major muscle group. Teaches correct hand placement for joint stabilization and how to maintain good form. Stretching routines are presented for both large and small dogs, older dogs, and those that are involved in a variety of dog sports.

## Book Information

Paperback: 216 pages

Publisher: Dogwise Publishing (February 24, 2009)

Language: English

ISBN-10: 1929242549

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Product Dimensions: 0.8 x 7 x 10.2 inches

Shipping Weight: 1 pounds (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars [See all reviews](#) (13 customer reviews)

Best Sellers Rank: #267,688 in Books (See Top 100 in Books) #54 in [Books > Health, Fitness &](#)

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[Professions > Physical Therapy](#) #533 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Injuries & Rehabilitation](#)

## Customer Reviews

I purchased this and a few other books on canine physical therapy and massage. For background I am a human physician. This book is simply written, is easy to read, and gives straight-forward instructions on how to safely (for both owner and human) stretch your canine loved ones. Loved the ending where the dogs used as models were profiled! I'd highly recommend this for learning to stretch your dog.

Our dog has a long back; thus, back pain from jumping off the couch. The stretches help keep her back in line. This was suggested by her veterinarian.

Stretching is an important part of human health, and dogs are not that far removed in their needs. "The Healthy Way to Stretch Your Dog: A Physical Therapy Approach" explains the importance of stretching for one's dog, and how proper use of the technique can help dogs live a longer life. All dogs can benefit from this practice, whether they are active or sedentary, as it helps their joints and muscles no matter how much or how little they are used. "The Healthy Way to Stretch Your Dog" is a fine acquisition for those dedicated to the health and longevity of their canine friend.

This book is okay, but the author makes it sound so scary to stretch your dog without prior veterinary consultation, that it may be very discouraging to any dog owner interested in learning how to stretch their dog. It's a cautionary approach.

Great read. Really helped me understand how to better stretch my old guy. He seems to be getting more from our massages.

I bought this book for my canine athletes. I was hoping to prevent injuries by doing more stretching before and after workouts. The dogs love the work and they seem to be working better and better each day.

This book was very helpful to me and I have various sizes, ages, etc of dogs. I just wish it was available in a dvd.

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