

## Warm-up & Cool-down exercises

Get your dog ready for physical activity and help them recover with this guide!

#### Observe your dog!

Watch your dog closely in everyday life and in dog sports activities. Learn how they move and what is normal for them, so you can identify any physical issues as soon as they arise.

Pro tips from OneMind Dogs Coach Mari Kaplas:



Watch closely to see how your dog stretches. If he stops stretching or stretches significantly more or less than usual, it might be a sign of stiff muscles.



Watch how your dog moves. Trotting should come naturally. If the dog paces instead of trotting (legs on one side of the body move simultaneously back/forth), you should find out what is causing it.



Your dog might also start behaving **aggressively** towards other dogs or humans, if he is in pain. Watch for sudden changes in behavior





Spins to the left and right

**)**;

(sit to stand, down to stand etc)

Watch a video

1.

5:

12

## Get training!

# Time to VIII



10-15

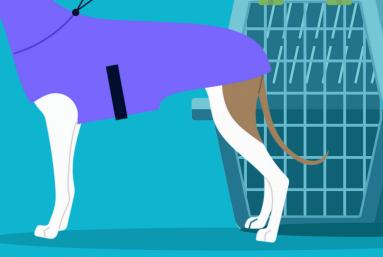
### **Passive stretches**

 When your dog is relaxed, calmly and slowly hold each limb in flexion and extension for a few seconds

**);:** 

• Watch your dog's reaction and never force anything

If you are not completely comfortable with how to stretch your dog, consult your vet or canine physiotherapist so they can demonstrate.



### Stay warm

If your dog is crated at a dog sports competition, keep muscles warm with a coat in cooler weather

