

# 10 Old Dog Feel Good Exercises Stretches to Keep Your Furry Friend Happy and Healthy

As dogs age, they may experience stiffness and joint pain, just like humans do. But that doesn't mean they have to live a sedentary lifestyle. In fact, regular exercise and stretching can help alleviate discomfort and keep your furry friend happy and healthy well into their golden years.

Old dogs, just like people, benefit from a combination of cardiovascular exercise, strength training, and flexibility exercises. But it's important to remember that not all exercises are suitable for senior dogs. Low-impact, gentle exercises are the way to go to ensure your dog stays safe and comfortable. So, let's dive into some feel-good exercises and stretches that will benefit your aging canine companion.

## 1. Walking

Walking is an excellent low-impact exercise for old dogs. It helps maintain their joint flexibility, improves cardiovascular health, and provides mental stimulation. Make sure to choose a comfortable pace and consider shorter, frequent walks if your dog tires easily.



## Old Dog! : Feel Good Exercises & Stretches

by Richard Surman(Kindle Edition)

★★★★☆ 4.5 out of 5

Language	: English
File size	: 3985 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Print length	: 32 pages
Lending	: Enabled



## **2. Swimming**

Swimming is a fantastic exercise for senior dogs as it reduces the impact on their joints. If you have access to a dog-friendly pool or a safe body of water, swimming can do wonders for their cardiovascular health and overall muscle strength.

## **3. Gentle Fetch**

Playing fetch is a great way to keep your old dog moving without putting too much strain on their joints. Opt for soft toys or balls that are easy to grab and won't cause any discomfort or injury to their mouth or teeth.

## **4. Controlled Stair Climbing**

If your home has stairs, controlled stair climbing can be a beneficial exercise for your old dog. Start with just a few steps and gradually increase the number as they feel more comfortable. This exercise helps maintain muscle tone and joint flexibility.

## **5. Balance Exercises**

Balance exercises can help improve your old dog's stability and prevent falls. Start with simple exercises like having them stand on a cushion or wobble board. Gradually increase the difficulty level by incorporating small movements while they maintain their balance.

## **6. Basic Yoga Poses**

Yes, you read that right! Dogs can benefit from basic yoga poses just like humans. Gentle stretches like downward-facing dog and cobra pose can help

increase their flexibility, release tension, and reduce muscle stiffness.

## **7. Joint Stretches**

To keep your old dog's joints healthy and flexible, you can perform simple joint stretches. Gently extend and flex their limbs, being mindful of any signs of discomfort. These stretches promote blood flow to the joints and help maintain mobility.

## **8. Massage Therapy**

Massage therapy isn't just for humans. Giving your old dog a gentle massage can help improve circulation, relax muscles, and relieve pain or discomfort. Use gentle strokes and consult with a professional if you're unsure about the proper technique.

## **9. Treadmill Walking**

For days when going outside isn't possible, a treadmill can be a great alternative. Walking on a treadmill can provide controlled exercise and help maintain muscle tone and joint flexibility, especially during bad weather or extreme temperatures.

## **10. Canine Physical Therapy**

If your old dog has specific mobility issues or needs extra care, canine physical therapy may be a fantastic option. A professional therapist can create a personalized exercise and stretching routine tailored to your dog's specific needs.

Remember to always consult with your veterinarian before starting any new exercise or stretching routine with your old dog. They can provide valuable advice and ensure that your furry friend stays safe and healthy throughout their exercise journey.

Incorporating these feel-good exercises and stretches into your old dog's routine can help improve their quality of life, keep them more active, and reduce the discomfort often associated with aging. So, let's get moving with our senior canine companions and show them that age is just a number!



## Old Dog! : Feel Good Exercises & Stretches

by Richard Surman(Kindle Edition)

★★★★☆ 4.5 out of 5

Language : English

File size : 3985 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

Print length : 32 pages

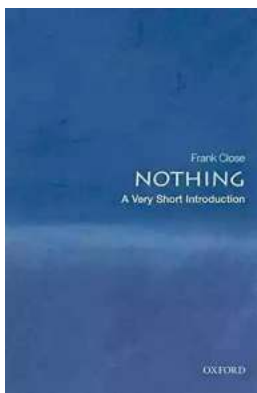
Lending : Enabled



Promote vitality in your aging dog by learning functional strengthening and relaxing stretching exercises that promote well being. In this 15 page mini book readers will find:

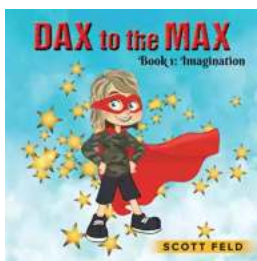
- Three exercises with instructions
- The patented Foster stretch method
- Five stretches with instructions

This book also provides information about where to purchase exercise equipment as well as options for how to create no-cost equipment at home.



## The Most Insightful and Liberating Experiences Found in Very Short Introductions

When it comes to expanding our knowledge and exploring new concepts, Very Short s (VSIs) have proven to be an invaluable resource. These compact books are packed with...



## Dax To The Max Imagination: Unlock the Power of Creativity!

Welcome to the world of Dax To The Max Imagination, where creativity knows no bounds! If you're looking to unlock your creative potential, dive into a realm...



## The Hidden Case of Ewan Forbes: Uncovering the Mystery Behind an Enigmatic Figure

Ewan Forbes: a name that sends shivers down the spine of those who have heard of him. Yet, despite the intrigue and the countless rumors...



## When Newport Beat New Zealand: A Historic Rugby Upset

The rivalry between Newport and New Zealand in the world of rugby is well known and deeply rooted in history. The All Blacks have long been considered one of the most...



## The Soul of an Astronomer: Women of Spirit

Astronomy, the study of celestial objects and phenomena, has fascinated human beings for centuries. It has allowed us to explore the vastness of the universe and...



## The Military Origins Of The Republic 1763-1789

When we think about the birth of the United States, it is often images of the Founding Fathers, the Declaration of Independence, and the Revolutionary War that come to...



## RPO System for 10 and 11 Personnel: Durrell Fain

When it comes to offensive strategies in football, one name that stands out is Durrell Fain. Fain is renowned for his innovative and successful RPO...



## Madness: The Ten Most Memorable NCAA Basketball Finals

College basketball fans eagerly await the annual NCAA Basketball Tournament, lovingly referred to as "March Madness," where the best teams compete for dominance on the court...