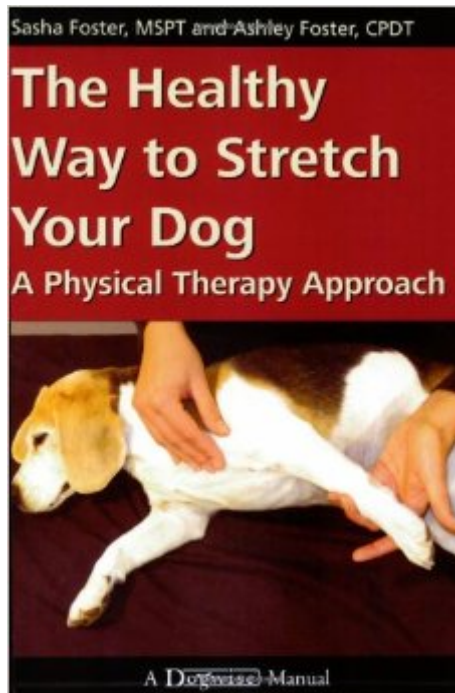


The book was found

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

ISBN-13: 978-1929242542

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 &](#)

[Dieting > Exercise & Fitness > Stretching](#) #393 in [Books > Medical Books > Allied Health](#)

[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.

[Download to continue reading...](#)

The Healthy Way to Stretch Your Dog: A Physical Therapy Approach (Dogwise Manual) Homemade Healthy Dog Food Food Recipes (Because Your Dog Deserves The Best All Natural Dog Food and Health Dog Recipes!) Bonding with Your Rescue Dog: Decoding and Influencing Dog Behavior (Dog Training and Dog Care Series Book 1) Brain Games for Dogs: Training, Tricks and Activities for your Dog's Physical and Mental wellness(Dog training, Puppy training,Pet training books, Puppy ... games for dogs, How to train a dog Book 1) Easy Homemade Dog Treat Recipes: Fun Homemade Dog Treats for the Busy Pet Lover (Dog Training and Dog Care Series Book 2) Dog Training: 50 Dog Smart Tricks (Free 130+ Dog Recipe Book Inside): Step by Step Activities for Full engagement, Fun and Increased Dog IQ Art Therapy and Music Therapy Bundle: (Expressive Arts, Movement Therapy, Art Therapy Trauma, Therapy Books) Speech Therapy for Kids : Techniques and Parents Guide for Speech Therapy (speech therapy, speech therapy materials) The Right Dog

for the Job: Ira's Path from Service Dog to Guide Dog Dog Training: Puppy Training Tips For an Obedient and Happy Family Member (Dog Grooming, Dog Tricks, Stuffed Animals) (Volume 1) Stretch and Pray: A Daily Discipline for Physical and Spiritual Wellness The Genius of Flexibility: The Smart Way to Stretch and Strengthen Your Body The Caffeine Advantage: How to Sharpen Your Mind, Improve Your Physical Performance, and Achieve Your Goals--the Healthy Way Orthopaedic Manual Therapy Diagnosis: Spine And Temporomandibular Joints (Contemporary Issues in Physical Therapy and Rehabilitation Medicine) Dog Training: The Smart Way: Your Complete Dog Training Guide for Any Breed or Age (+ 3 FREE GUIDES) Why Does My Dog Act That Way?: A Complete Guide to Your Dog's Personality Fascial Stretch Therapy Dia De Los Perros Dog Sugar Skull Coloring Book: Midnight Edition: A Unique Dog Lover Black Background Paper Adult Coloring Book For Grownups ... Relaxation Stress Relief & Art Color Therapy) Your Dog's Golden Years: - Manual for Senior Dog Care Including Natural Remedies and Complementary Options Keep Your Dog Healthy the Natural Way

[Dmca](#)