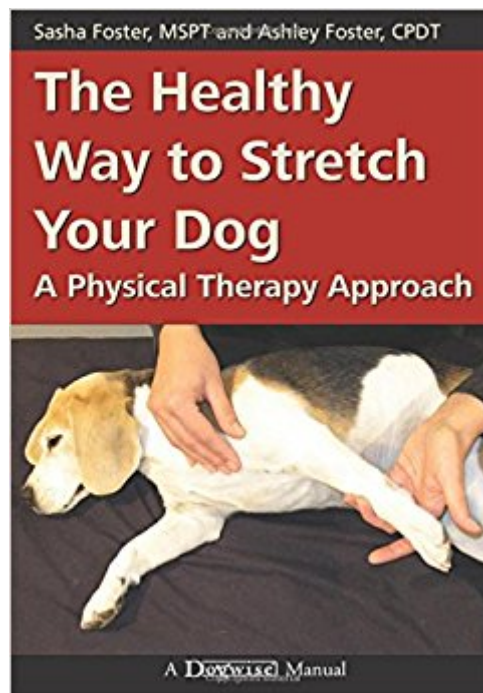




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The Healthy Way To Stretch Your Dog: A Physical Therapy Approach (Dogwise Manual)



Synopsis

Now 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.

Book Information

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Best Sellers Rank: #366,881 in Books (See Top 100 in Books) #64 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Stretching](#) #590 in [Books > Medical Books > Allied Health Professions > Physical Therapy](#) #625 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Injuries & Rehabilitation](#)

Customer Reviews

With their combines experience in human physical therapy, yoga, zoology, and training and showing dogs, sisters Sasha and Ashley Foster are the ideal team to present a manual on stretching techniques for dogs. Despite recent interest in this topic, the Fosters realized that dog owners didn't have much access to emerging information... Rather than simply informing readers that dogs can benefit from these routines, the authors explain how and why muscle tissue becomes vulnerable to injury when it remains in a shortened, contracted position. The authors have designed therapeutic canine stretching routines for each major muscle group. Noting that dogs vary in flexibility based on breed, age, and physical condition, they include detailed information on proper techniques to ensure safety and effectiveness, and variations of their daily routine for small breeds and senior dogs. Every dog can benefit from stretching exercises, but they are especially valuable for canine athletes... The material is somewhat technical, but the text is generously supplemented with drawings, photos, and diagrams explaining each exercise. In addition to its primary message about stretching, this book provides excellent overview of canine anatomy and biomechanics, making it an interesting resource for any dog owner. --Amy Fernandez

There are a lot of stretching books, videos and DVDs out there. This is the first one I've seen that definitively explains why stretching needs to

be done in a relaxed, prone position with correct stabilization in order for the stretch to be effective. The descriptions of the various stretches are clearly written and anatomically correct. The photographs accurately depict what is to be done. The photographs of the incredibly handsome dogs luxuriating while being stretched are alone worth the price of the book and should be an inspiration to anyone who wants to do canine body work. All praise to the authors for a great book!

--Sue Ann Lesser, DVM, ACAC, CVSMT

The Healthy Way to Stretch Your Dog is a comprehensive, easy-to-follow guide to improving your dog's physical health through proper stretching techniques. The book provides a wealth of information and photos to get you working with your dog right away, whether it's for strengthening your dog's performance in a variety of dog sports, or helping to properly maintain your senior dog's physical health.

--Mychelle Blake, editor of The APDT Chronicle of the Dog

Sasha Foster is a physical therapist, yoga instructor, and writer whose passion is geriatric advocacy (in any species). She and her dog, Quin, have provided Animal-Assisted Therapy to geriatric rehabilitation populations throughout Colorado. Ashley Foster is a Certified Pet Dog Trainer with 13 years of experience whose passion is reward based training and canine advocacy. She handles multiple breeds in conformation for AKC events throughout the United States while being an owner/handler for her own Doberman Pinschers in conformation, obedience, and rally.

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.

Simple to follow. Written cleatly. Good pivs

Well written and descriptions were easy to follow. It came well packaged and swiftly.

A must have for anyone that does performance with their dog.

Got this to help with our dogs, both are large dogs, helps a lot

Good book

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