



The Healthy Way to Stretch Your Dog: A Physical Therapy Approach

Sasha Foster, Ashley Foster

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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.

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