

POLE WORK EXERCISES TAILORED vs GENERIC

Pole work exercises are great and can be useful in the training and rehabilitation of our dogs BUT are we doing more harm than good using generic exercises?

Although informative, generalised booklets, posters and online videos FAIL TO CONSIDER:

- Your dog's current state of **HEALTH**, physical condition and age
- Your dog as a "**WHOLE UNIT**"
- Possible **UNDERLYING** pathological changes
- Your dog's compliance or stage of **TRAINING**
- Your dog's **PERSONALITY, BEHAVIOUR** and **MENTAL WELLBEING**
- The **OWNER'S PHYSICAL ABILITY**

There are occasions when pole work may be detrimental to your dog's health

All acute injuries · Neurological deficits
Undiagnosed pain · Previous tendon & ligament injuries
Lameness · Reluctance to work over poles
Acute and subacute stages of osteoarthritis

Distance of poles and number of repetitions must be always **TAILORED TO THE INDIVIDUAL DOG** based on the clinical history, physical assessment and medical condition.

Generic pole work exercises can be easily overdone - Animals in booklets and videos are usually in good physical health and in high level of training.

Copying these movements might cause **PAIN AND FURTHER INJURY** to your dog.



For a holistic assessment and tailored remedial exercise plan please contact one of the NAVP Veterinary Physiotherapists.