

STRETCHING EXERCISES TAILORED vs GENERIC

Stretches can be effective and often form part of rehabilitation and maintenance regimes BUT are we doing more harm than good doing generalised stretches?

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

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

There are occasions when stretches may be detrimental to your animal's health

All acute conditions · Neurological deficits

Undiagnosed pain · Unstable fracture sites

Lameness · Reluctance to stretch

Acute and subacute stages of tendon, ligament, suspensory injuries

Stretching exercises must be always **TAILORED TO THE INDIVIDUAL ANIMAL** based on the clinical history, physical assessment and medical condition.

Generalised stretching 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 animal.



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