



Exercise re-introduction for Dogs

This will need to be done in a controlled manner, increasing in 5-minute increments:

- 10 minutes three times a day on the lead for 5 days
- 15 minutes three times a day on the lead for 5 days
- 20 minutes three times a day on the lead for 5 days
- 25 minutes three times a day on the lead for 5 days
- 30 minutes three times a day on the lead for 5 days
- 35 minutes three times a day on the lead for 5 days
- 40 minutes three times a day on the lead for 5 days

At this point it is fine to start to allow some off the lead exercise. This will also need to be in a controlled manner and we would recommend that it is done mid-way through the lead exercise to allow for appropriate warm up/warm down. Again, do this by increasing in 5-minute increments so:

- 15 minutes lead, 5 minutes off the lead, 20 minutes lead for 5 days
- 15 minutes lead, 10 minutes off the lead 15 minutes lead for 5 days
- 15 minutes lead, 15 minutes off the lead, 15 minutes lead for 5 days
- 10 minutes lead, 20 minutes off the lead, 10 minutes lead for 5 days

From here, exercise can resume as normal.

If post operative physiotherapy/hydrotherapy has not begun post operatively, we would highly recommend this as an important part of the rehabilitation for your pet.