

## How Ball Chasing can negatively impact your dog

### From Canine Arthritis Management



#### what is ball chasing really doing to your dog?



repetitive ball chasing can lead to prolonged **adrenalin** release

**cortisol** release can lead to frustration, frantic behaviours and even be detrimental to long term health

a high drive dog with significant joint disease may continue to perform **reward based** tasks like ball chasing despite pain



#### the brain bit



#### what is ball chasing really doing to your dog?



repeated **micro-trauma** to muscles and cartilage is a cause of long-term damage

chasing or even carrying items like a ball can shift your dogs **weight distribution** to their front legs, putting excessive weight though the joints of the front legs

joints **weakened** by arthritis will be especially prone to further damage



#### what about their joints?



#### what is ball chasing really doing to your dog?



**unpredictable** actions such as breaking, twisting and landing can result in muscles being put under stresses they aren't designed for

high speeds can double the **forces** generated in the muscles

**braking** is thought to be the most dangerous part of ball chasing and often responsible for shoulder injuries



#### how about the muscles?



#### What can you do instead?

make sure to have a short **warm up** period before more intense exercise

only ever throw the ball a **short distance**, on surfaces that **avoid slipping and sliding**, throw **below waist height** so as to avoid jumping and don't do it repetitively

consider **alternatives** like scent work, varying location of the walk to keep things exciting or playing hide and seek with the ball rather than playing fetch

