

# Exercise Control

Exercise control is essential when you have a dog that is in pain. A dog with any sudden onset lameness or a dog that is showing any signs of pain should be **RESTED** until the dog has recovered. **DO NOT** exercise a dog that is in pain. The only time when exercise can be utilised for a dog that is in discomfort is in the case of osteoarthritis and the dog needs gentle exercise, which should be significantly **controlled** (on the lead, slow and time restricted).

**REST** means **REST**:

- No running around (even in the house)
- No active playing (with people or other dogs)
- Toilet breaks (On the lead only in the garden)
- Ideally confined to one room
- No climbing up and down the stairs
- No jumping on and off the sofa / bed
- Slippery floors should be covered with mats / rugs for grip



If you need to do any of these things with the dog then they must be aided at all times. Many people walk their dogs despite the dog been in pain and believe that a dog should not miss a walk due to mental stimulation however there are many different ways that you can keep a dog's mind working even when it's resting.

If you have on-going discomfort / bouts of lameness then that must be managed accordingly. Your vet or physiotherapist can give you advice on appropriate amounts of exercise for your dog. When you have a dog like this on bad days the dog must be **rested** and on good days exercise must be **controlled**. The aim of exercise for this dog is to find its **optimum exercise level** so that it does not have peaks and troughs in its comfort levels.

**Do not forget** – Dogs on pain relief may think that they can do more than they are capable of! You are responsible for how much exercise your dog does **not them!**