

# DOGA YOGA FOR DOGGIES



Increasing wellbeing for  
those who keep us well.

 **Dr. Babette**  
Traditional & Holistic Veterinarian Services





**Thank you for requesting this guide to stretching your dog.**

Stretching can be very helpful to your dog's overall health and well being. It is important to speak to Dr. Gladstein about which stretches are best for your dog. Your dog should be calm and relaxed for stretches.

If your dog does not tolerate the stretches, stop immediately. You can cause harm to your dog if you force a stretch.

Adapted from A Healthy Way to Stretch Your Dog: A Physical Therapy Approach.

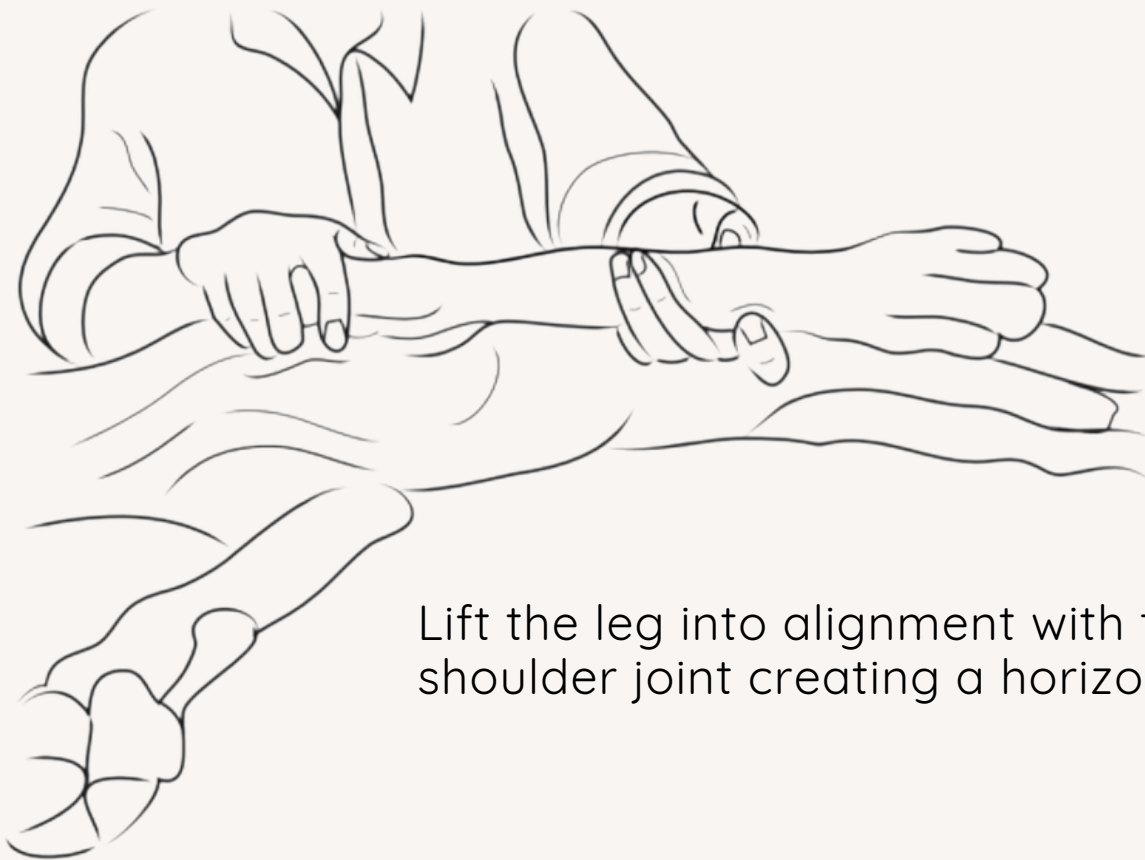
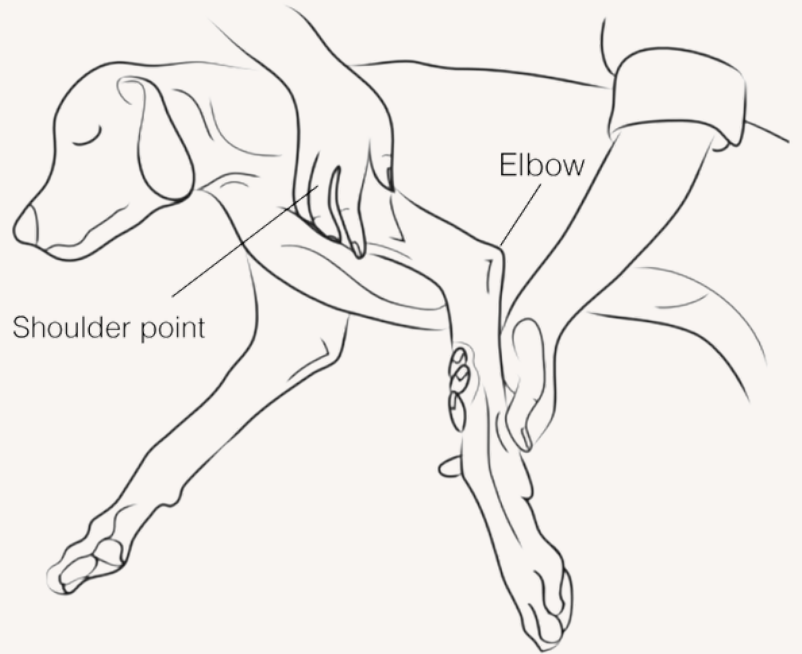
Illustrations by Bonnie Millard.

Dr. Babette Gladstein is not liable for any injury sustained by performing these stretches.



## FRONT LEG & SHOULDER STRETCHES

Place your palm on your dog's shoulder and wrap your fingers around the top of the shoulder joint. Firmly press your palm downward toward the ribs. Hold beneath the elbow with your other hand.



Lift the leg into alignment with the shoulder joint creating a horizontal line.



## WRIST JOINT STRETCH



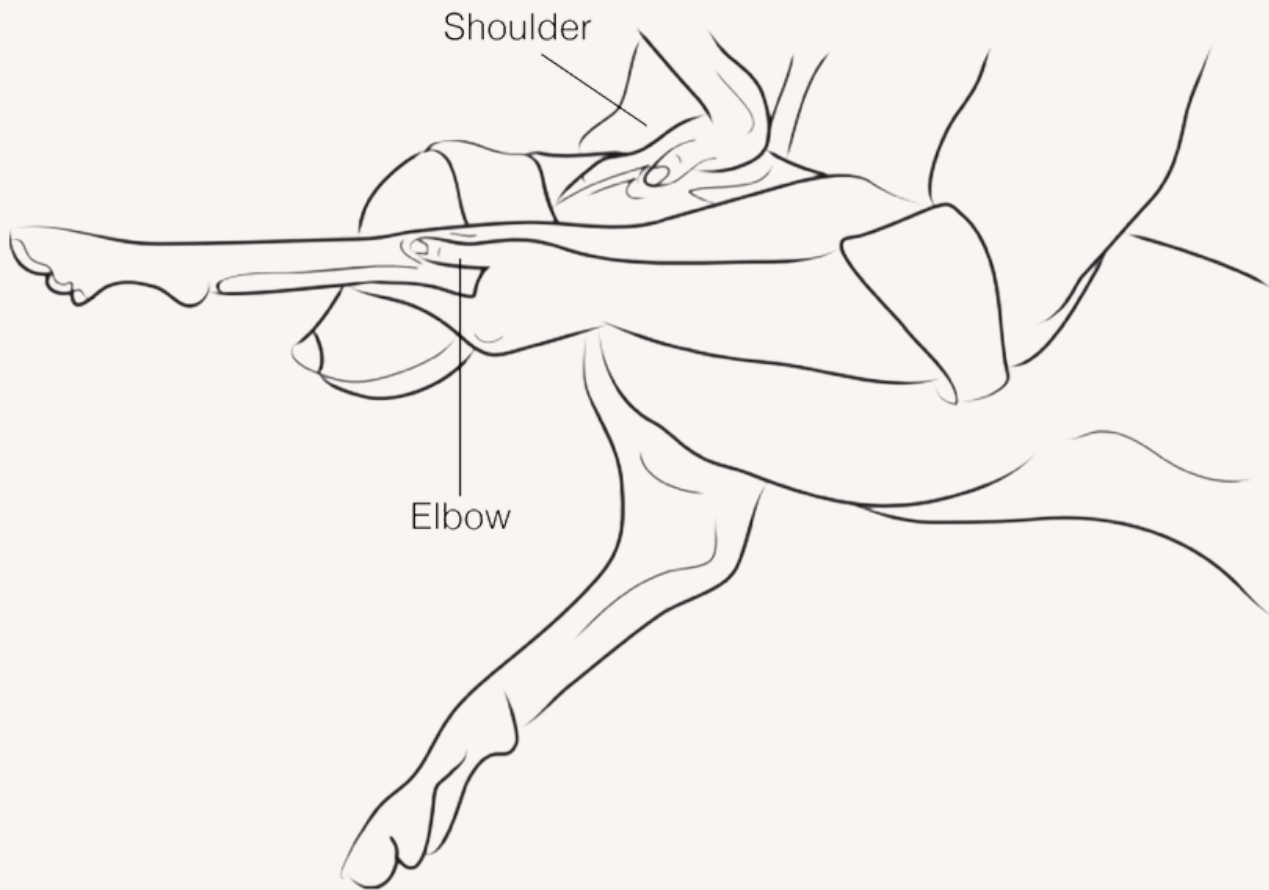
Stabilize the joint by holding both hands firmly - Hold your dog's paw just above the paw pad. Lift the limb in a straight vertical line.

Gently bend the wrist/  
carpel joint and hold  
for 30 seconds





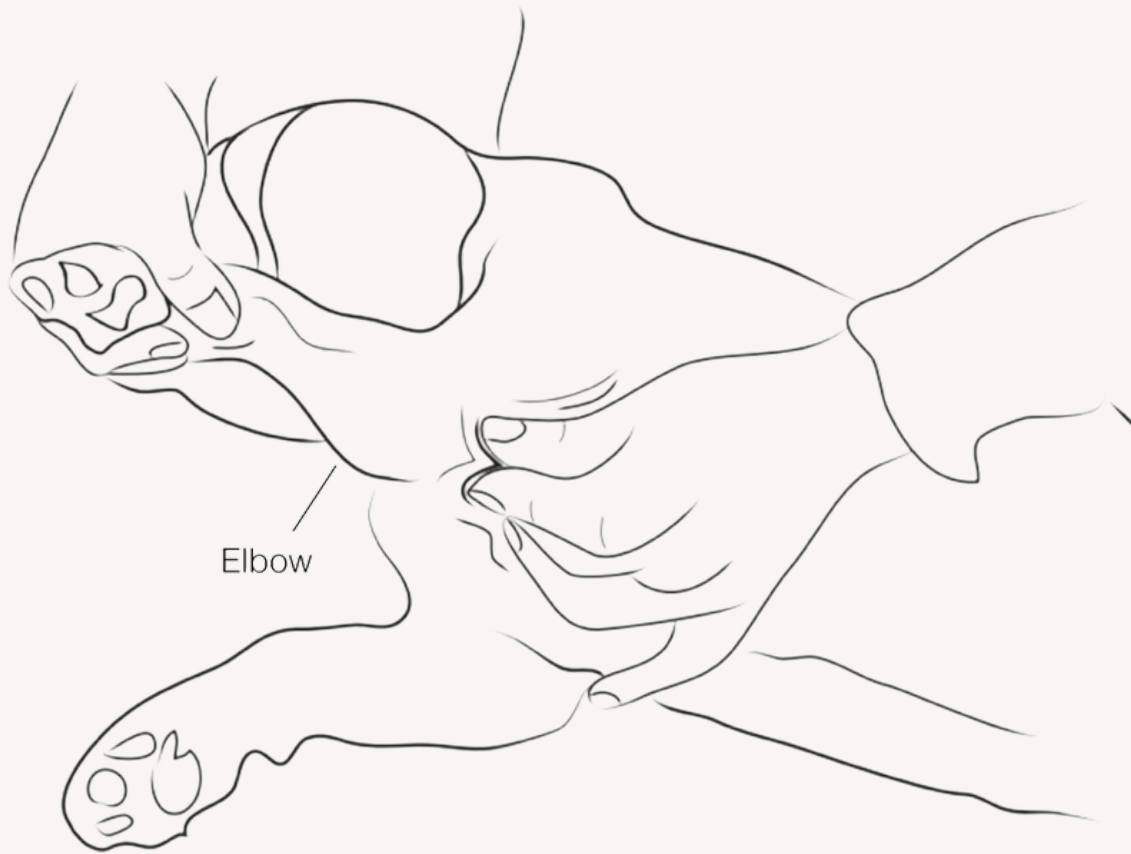
## LARGE DOG ELBOW STRETCH



Maintain a straight horizontal line and reach your dog's elbow gently forward allowing it to straighten as the leg reaches forward. The shoulder will naturally rotate beneath the stabilizing hand in the direction of the stretch. Allow this shoulder rotation, continuing to press downward toward the ribs. Continue to gently reach the leg forward until feeling a slight resistance. Hold for 30 seconds.



## SMALL DOG ELBOW STRETCH

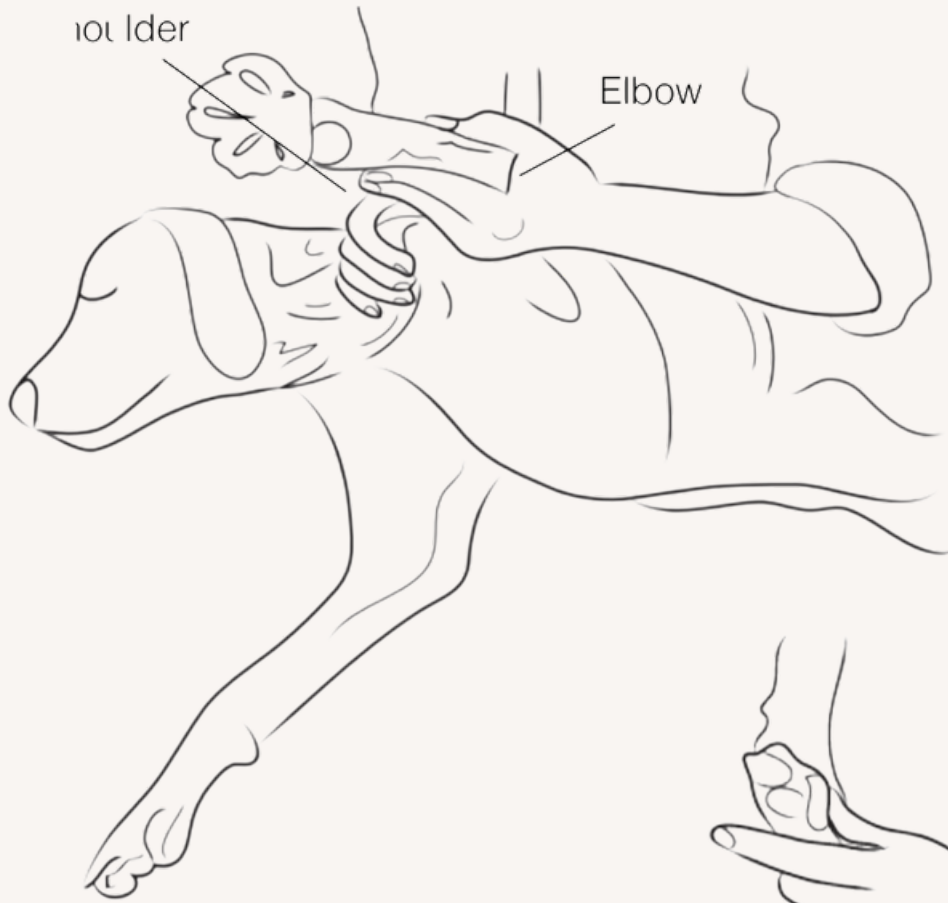


Maintain control of the movement in the joint, keeping the arm level. Then, bend your dog's elbow. Carefully reach the elbow forward while maintaining the bend in the elbow. This stretch is felt with very little forward movement. Hold for 30 seconds. You can maintain joint stabilization, a horizontal plane and the the stretch with just your fingers, since your dog is small.





## ELBOW STRETCHES



### On a large dog

Holding the palm of your hand on the shoulder point and the other hand cupping the elbow, gently bend your dog's elbow as you lift the leg in a vertical line until you feel a slight resistance. Hold for 30 seconds.



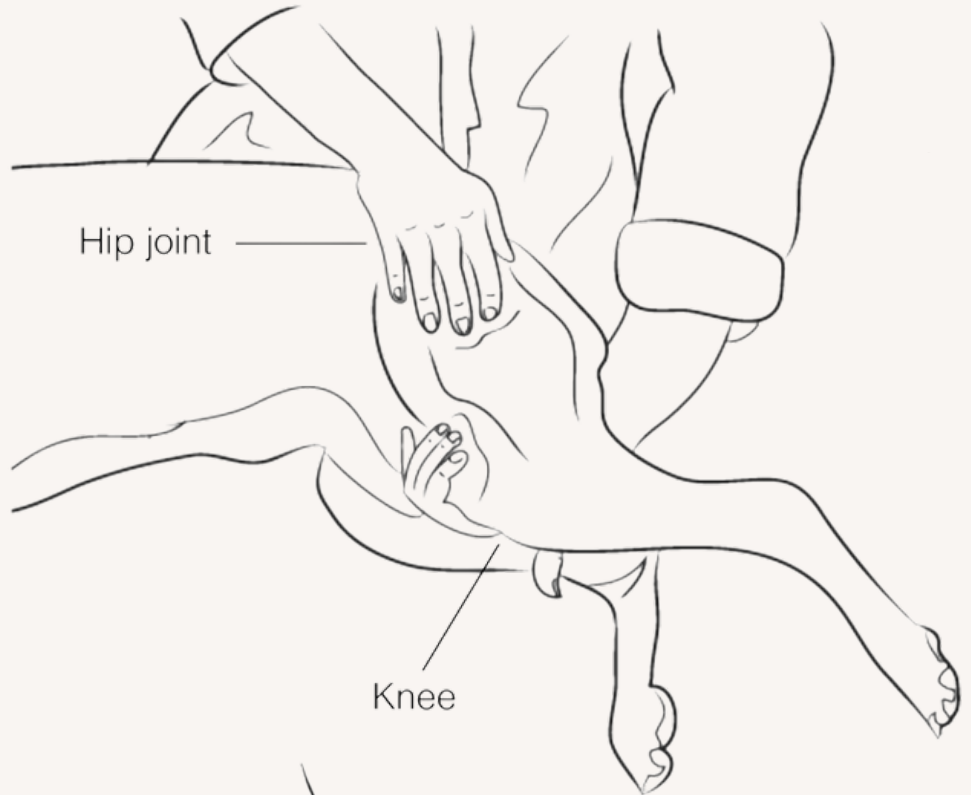
### On a small dog

Your fingers are adequate to support the shoulder joint and maintain a straight vertical line as you stretch your small dog.



## LEG & HIP STRETCHES

Place your stabilizing hand over your dog's hip joint cupping the top of the hip and apply a gentle but firm downward pressure. Wrap your other hand around your dog's knee and let the thigh rest on your forearm.

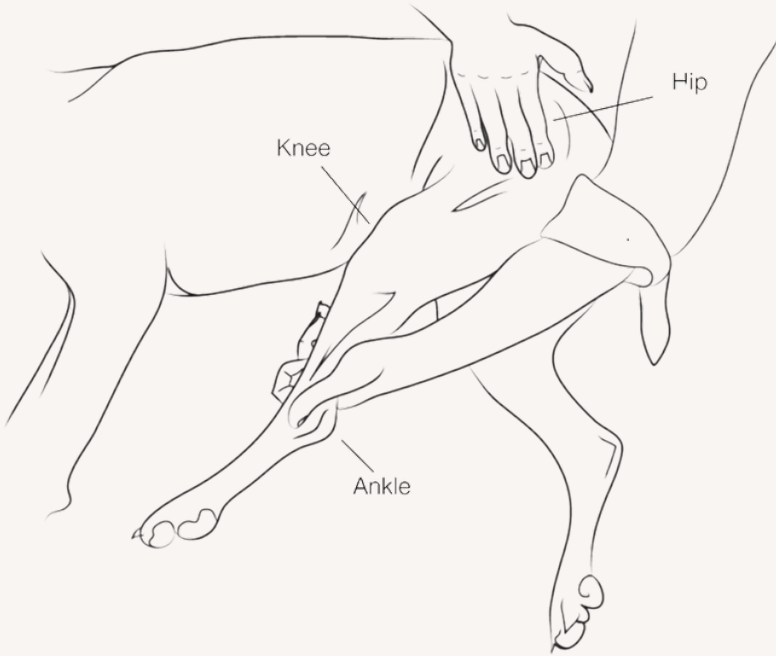


Support the hip joint with one hand and with the other hand, cup the knee and gently pull the leg back by lifting the hind limb into alignment with the hip joint.





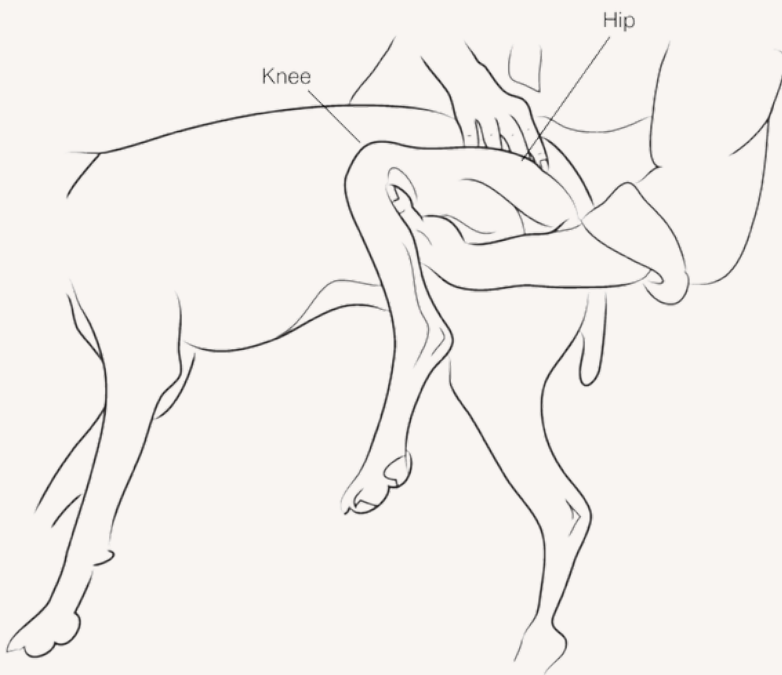
## STRAIGHT LEG STRETCH FOR LARGE DOGS



Gently press down with your stabilizing hand on the hip joint. With your other hand just above the ankle, guide the leg to a straight position as you move the leg forward. Stretch until you feel some resistance. Hold for 30 seconds.



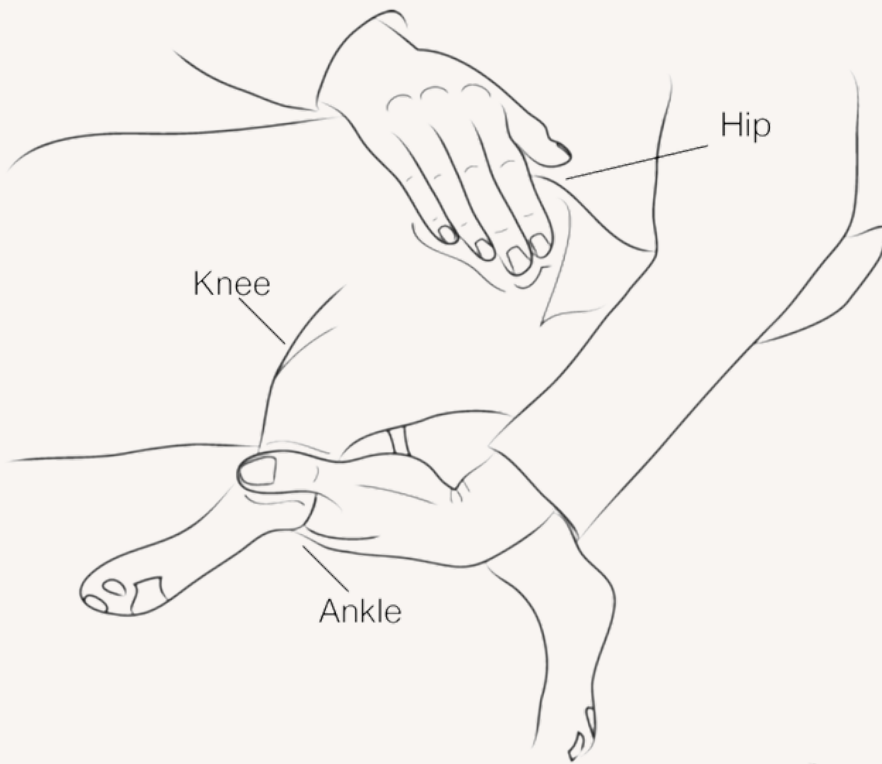
## BENT LEG STRETCH FOR LARGE DOGS



Gently press down on the hip joint with your stabilizing hand. Place your other hand underneath the knee joint, below the thigh, and bring the leg forward till you feel slight resistance. Hold for 30 seconds.

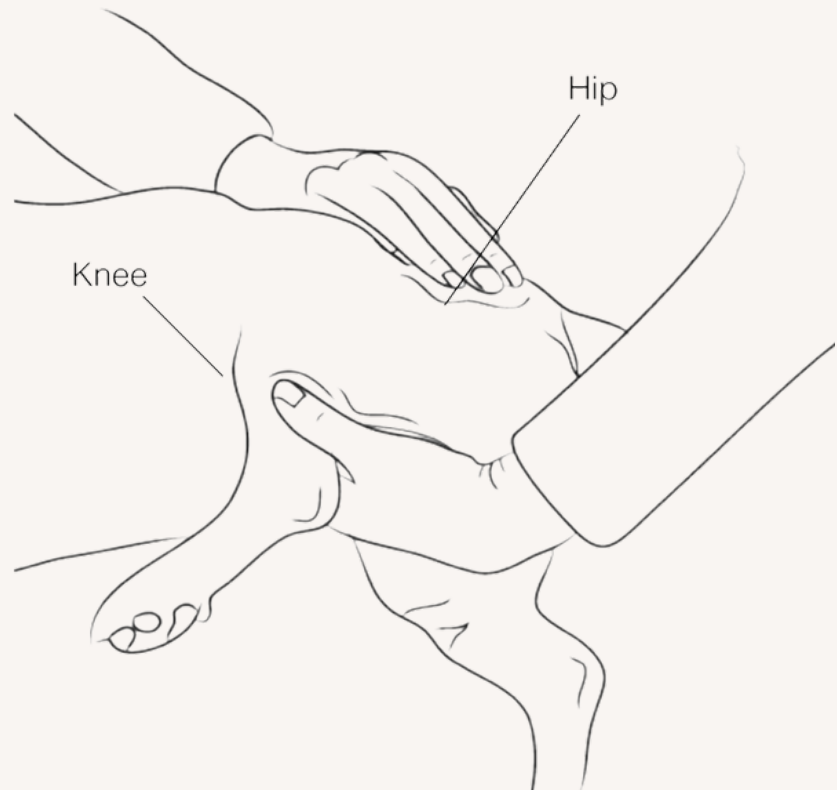


## STRAIGHT & BENT LEG STRETCH FOR SMALL DOGS



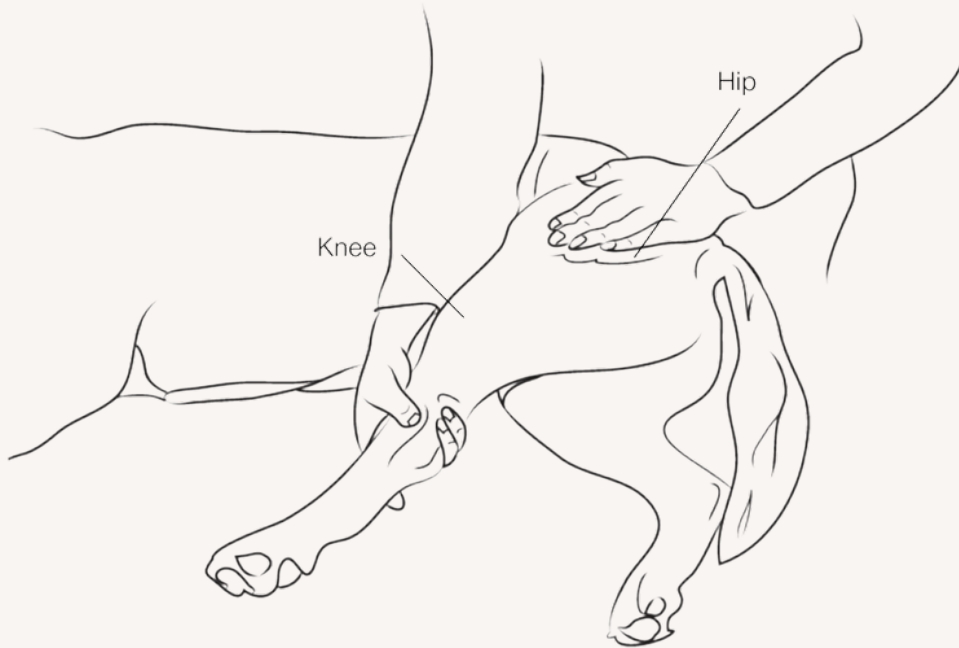
You can use your fingers to support the hip joint and maintain a straight leg when stretching your small dog.

You can use your fingers to support the joint and stretch while bending your small dog's knee.





## KNEE STRETCH



Stabilize the leg at the hip joint, straighten the knee in a downward motion with the other hand. Once you feel slight resistance, hold for 30 seconds.



## KNEE STRETCH FOR SMALL DOG



On your small dog you can use your fingers to maintain a horizontal movement while gently bending the knee.





## SPINAL STRETCHES



Bring a cookie to your dog's shoulder so that they rotate their head to get the small tasty treat.

Take a treat from your dog's shoulder to its rear toes. This movement will rotate the spine.



Keeping the cookie close to your dog's body. Bring it first to your dog's shoulder, then to his hip, then down to the knee and then toe. Repeat on the other side of your dog's body.





# WHO'S READY TO START STRETCHING?



**Book a middle-aged dog wellness check-up today.**  
[Visit drbabette.com](http://drbabette.com)

Don't forget to check out our [curated collection of products](#) to keep your faithful companion feeling great.