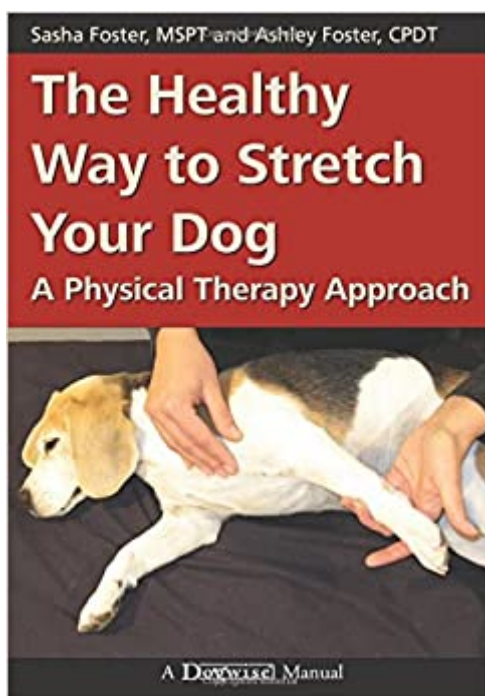


The book was found

# The Healthy Way To Stretch Your Dog: A Physical Therapy Approach (Dogwise Manual)



## Synopsis

Now you can learn how to safely and effectively stretch your dog to prevent injuries, maintain joint integrity and improve your dog's fitness, whether he is an elite canine athlete or a lap dog.

## Book Information

Paperback: 216 pages

Publisher: Direct Book Service (February 24, 2009)

Language: English

ISBN-10: 1929242549

ISBN-13: 978-1929242542

Product Dimensions: 7 x 0.5 x 10 inches

Shipping Weight: 1 pounds (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars 15 customer reviews

Best Sellers Rank: #366,881 in Books (See Top 100 in Books) #64 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Stretching](#) #590 in [Books > Medical Books > Allied Health Professions > Physical Therapy](#) #625 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Injuries & Rehabilitation](#)

## Customer Reviews

With their combines experience in human physical therapy, yoga, zoology, and training and showing dogs, sisters Sasha and Ashley Foster are the ideal team to present a manual on stretching techniques for dogs. Despite recent interest in this topic, the Fosters realized that dog owners didn't have much access to emerging information... Rather than simply informing readers that dogs can benefit from these routines, the authors explain how and why muscle tissue becomes vulnerable to injury when it remains in a shortened, contracted position. The authors have designed therapeutic canine stretching routines for each major muscle group. Noting that dogs vary in flexibility based on breed, age, and physical condition, they include detailed information on proper techniques to ensure safety and effectiveness, and variations of their daily routine for small breeds and senior dogs. Every dog can benefit from stretching exercises, but they are especially valuable for canine athletes... The material is somewhat technical, but the text is generously supplemented with drawings, photos, and diagrams explaining each exercise. In addition to its primary message about stretching, this book provides excellent overview of canine anatomy and biomechanics, making it an interesting resource for any dog owner. --Amy Fernandez

There are a lot of stretching books, videos and DVDs out there. This is the first one I've seen that definitively explains why stretching needs to

be done in a relaxed, prone position with correct stabilization in order for the stretch to be effective. The descriptions of the various stretches are clearly written and anatomically correct. The photographs accurately depict what is to be done. The photographs of the incredibly handsome dogs luxuriating while being stretched are alone worth the price of the book and should be an inspiration to anyone who wants to do canine body work. All praise to the authors for a great book!

--Sue Ann Lesser, DVM, ACAC, CVSMT

The Healthy Way to Stretch Your Dog is a comprehensive, easy-to-follow guide to improving your dog's physical health through proper stretching techniques. The book provides a wealth of information and photos to get you working with your dog right away, whether it's for strengthening your dog's performance in a variety of dog sports, or helping to properly maintain your senior dog's physical health.

--Mychelle Blake, editor of The APDT Chronicle of the Dog

Sasha Foster is a physical therapist, yoga instructor, and writer whose passion is geriatric advocacy (in any species). She and her dog, Quin, have provided Animal-Assisted Therapy to geriatric rehabilitation populations throughout Colorado. Ashley Foster is a Certified Pet Dog Trainer with 13 years of experience whose passion is reward based training and canine advocacy. She handles multiple breeds in conformation for AKC events throughout the United States while being an owner/handler for her own Doberman Pinschers in conformation, obedience, and rally.

This book is okay, but the author makes it sound so scary to stretch your dog without prior veterinary consultation, that it may be very discouraging to any dog owner interested in learning how to stretch their dog. It's a cautionary approach.

Great read. Really helped me understand how to better stretch my old guy. He seems to be getting more from our massages.

I bought this book for my canine athletes. I was hoping to prevent injuries by doing more stretching before and after workouts. The dogs love the work and they seem to be working better and better each day.

Simple to follow. Written cleatly. Good pivs

Well written and descriptions were easy to follow. It came well packaged and swiftly.

A must have for anyone that does performance with their dog.

Got this to help with our dogs, both are large dogs, helps a lot

Good book

[Download to continue reading...](#)

The Healthy Way to Stretch Your Dog: A Physical Therapy Approach (Dogwise Manual) DOG BREEDS: Dog breeds, Dog training, Dog names and Dog descriptions with dog breeds history. Over 250 diferent dog breed types. Stretch Your Dog Healthy: A Hands-On Approach to Natural Canine Care Dog Crate Training: 8 Tips to Help Your Best Friend Adjust (Dog Training, dog crate training problems, dog separation anxiety, dog potty training Book 1) Dog Training -Train Your Dog like a Pro:The Ultimate Step by Step Guide on How to Train a Dog in obedience( Puppy Training, Pet training book) (Dog Taining, ... training books,How to train a dog, Book 2) Stick Dog 3-Book Collection: Stick Dog, Stick Dog Wants a Hot Dog, Stick Dog Chases a Pizza Physical Therapy Management Of Low Back Pain: A Case-Based Approach (Contemporary Issues in Physical Therapy and Rehabilitation Medicine) Crate Training: Crate Training Puppies - Learn How to Crate Train Your Puppy Fast and Simple Way (Crate Training for Your Puppy): Crate Training (Dog Training, ... Training, Dog Care and Health, Dog Breeds,) Dog + Puppy Training Box Set: Dog Training: The Complete Dog Training Guide For A Happy, Obedient, Well Trained Dog & Puppy Training: The Complete Guide To Housebreak Your Puppy in Just 7 Days Bonding with Your Rescue Dog: Decoding and Influencing Dog Behavior (Dog Training and Dog Care Series Book 1) Doggie Daycare: How to Choose a Doggie Daycare: 8 Ways to Make Your Dog's Day (Pet Sitting, Dog Training, Dog Day Care Business,Dog Exercise Book 1) Dog Training: The full guide to beating the 20 most common obedience issues of your dog and puppy (puppy training, housebreaking dog, housetraining puppy, obedient dog, obedient puppy) Low Calorie & Fat: Healthy Breakfast Recipes! Discover New Healthy Breakfast Ideas. Healthy Muffin Recipes, Healthy Smoothies, Healthy Egg Recipes and ... Only! (Low Calorie & Fat Recipes Book 1) Pedretti's Occupational Therapy: Practice Skills for Physical Dysfunction, 7e (Occupational Therapy Skills for Physical Dysfunction (Pedretti)) Physical Therapy of the Hip (Clinics in Physical Therapy) Pedretti's Occupational Therapy: Practice Skills for Physical Dysfunction, 6e (Occupational Therapy Skills for Physical Dysfunction (Pedretti)) Physical Therapy of the Knee, 2e (Clinics in Physical Therapy) Handbook of Pediatric Physical Therapy (Long, Handbook of Pediatric Physical Therapy) Dog Training: 50 Dog Breeds Analysed

and Behaviours Explained - The Ultimate Dog Selection and Dog Training Guide (2-in-1 book bundle) Dog Training: 50 Dog Smart Tricks (Free 130+ Dog Recipe Book Inside): Step by Step Activities for Full engagement, Fun and Increased Dog IQ

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)