CANOVIA
RESCUE · PROTECT · EDUCATE

CANOVIA · GUIDE
FREE



K9-RESET · AN 8-WEEK PLAN

Eight weeks *back into movement*

A calm three-phase plan for dogs who should get moving safely again after a break, with stiff joints or in old age. Plus the basics for a long dog's life and a log to fill in.

1 Before you start
2 Observe
3 Training
4 Basics
5 Tips
6 Log

IMPORTANT NOTE

This guide is not a substitute for veterinary advice. Please discuss the plan with your vet before you start, especially after an injury or surgery and if your dog has a known joint condition.

1

STEP 1 · PREPARATION

Before you *start*

A good restart begins calmly. First find out how much exercise is right for your dog at the moment, then set a fixed rhythm.

8 weeks · 3 phases At the same time every day, with two rest days a week. Day 56 is the day to review progress with your vet.

CHECK WITH YOUR VET

- How much exercise makes sense right now?
- Are there exercises your dog should avoid?
- Is the weight in a good range?

RECORD A STARTING POINT

- On day one, film 30 seconds on your usual route
- Make the first entry in the log
- Mark day 56 in your calendar

2

STEP 2 · ALL 8 WEEKS

Observe and *record*

A simple log shows you whether the plan suits your dog. You will find the template on the last page.

NOTE ONCE A WEEK

- Stairs, jumps, willingness to walk
- Morning stiffness, energy
- Gait: is your dog limping or favouring a leg?

PAUSE AND CALL YOUR VET IF YOU NOTICE

- Limping or favouring a leg that does not pass within a day
- Signs of pain such as panting at rest, whining or sensitivity to touch
- Lethargy, loss of appetite, vomiting or unusual behaviour

3

STEP 3 · TRAINING

Training in *three phases*

Muscles and tissue need movement, but the right kind: calm, controlled and easy on the joints. Wild play and sudden sprints are the biggest risk during this time.

1
PROTECT
Weeks 1–2

- Short leash walks, 2–3 times a day, on flat ground
- No ball throwing, no dog-park sprints, no racing up the stairs
- A ramp or a lift into the car and onto the sofa

2
REBUILD
Weeks 3–5

- Longer walks, gentle slopes, grass instead of pavement
- Slow figure-eights and sit-to-stand exercises, 5–10 repetitions daily
- Swimming, if possible and supervised: training without impact

3
RETURN
Weeks 6–8

- Bring play back gradually, in short sessions on soft ground
- Keep two rest days a week
- End every session while your dog still wants more

SIGNS OF PROGRESS TO LOOK FOR

Getting up
easier after lying down

Mornings
less stiffness

Everyday life
more interest in stairs, jumps and walks

Tip · Film 30 seconds on the same route every Sunday. Side-by-side videos show change more honestly than any impression. Every dog has its own pace. If nothing changes after a few weeks, talk to your vet.

4

STEP 4 · FOR EVERY DOG

The basics for *a long life*

Exercise is one building block. These basics look unspectacular, but they add healthy years, roughly in order of impact.

1 Keep them lean – the biggest lever

In a long-term study of 48 Labradors, the dogs fed to a lean body condition lived a median of 1.8 years longer (13.0 instead of 11.2 years), and chronic diseases appeared later.[1] With light pressure you should feel the ribs, and from above you should see a waist.

2 Move every day, for life

Muscles support and relieve the joints, and they shrink when they are not used. Regular, shorter walks are usually better than rare, very long hikes.

3 Discuss omega-3 fatty acids

Among supplements, fish oil with EPA and DHA has the best evidence for dogs with osteoarthritis.[2,3] Agree on the product and amount with your vet.

4 Take teeth seriously

Periodontal disease is the most common disease in dogs over three years of age; studies report 80 to 89 percent.[4] Regular tooth brushing is one of the simplest habits for a long life.

5 Add to the bowl wisely

Small amounts of fresh, suitable foods can complement the diet, such as cooked egg, sardines in water or steamed green vegetables. Introduce new foods slowly and keep an eye on the total amount. Grapes, raisins, onions, garlic and chocolate are toxic to dogs.

6 Have regular check-ups

An annual examination with blood tests shows changes in the kidneys, liver or thyroid early, while there is still time to act. For older dogs, vets often recommend more frequent checks.

SOURCES

[1] Kealy RD et al. Effects of diet restriction on life span and age-related changes in dogs. J Am Vet Med Assoc 2002;220:1315–1320. https://pubmed.ncbi.nlm.nih.gov/11991408/

[2] Roush JK et al. Evaluation of the effects of dietary supplementation with fish oil omega-3 fatty acids on weight bearing in dogs with osteoarthritis. J Am Vet Med Assoc 2010;236:67–73. https://pubmed.ncbi.nlm.nih.gov/20043801/

[3] Vandeweerd JM et al. Systematic review of efficacy of nutraceuticals to alleviate clinical signs of osteoarthritis. J Vet Intern Med 2012;26:448–456. https://doi.org/10.1111/j.1939-1676.2012.00901.x

[4] Enlund KB et al. Dental home care in dogs – a questionnaire study among Swedish dog owners, veterinarians and veterinary nurses. BMC Vet Res 2020. https://doi.org/10.1186/s12917-020-02281-y

5

STEP 5 · FROM PRACTICE

Tips *from the pack*

TWO EXERCISES EXPLAINED

FIGURE-EIGHTS

Walk your dog slowly on a loose leash in large figure-eights, for example around two trees. The change of direction trains balance and coordination without jarring the joints. Start with three to five rounds.

SIT TO STAND

Ask your dog to sit and then slowly stand up again, ideally with a treat in front of the nose. Sit straight without tipping to one side. 5 to 10 repetitions, on a non-slip surface.

MAKE IT A RITUAL

- Same place, same time, same calm voice
- Praise or reward after every exercise
- Keep it short and stop on a success

IN EVERYDAY LIFE

- Set a phone alarm. Consistency matters more than the perfect time.
- Missed a day? Just carry on, never make up twice.
- Non-slip rugs on smooth floors help with getting up.
- In hot weather, walk early in the morning or in the evening.

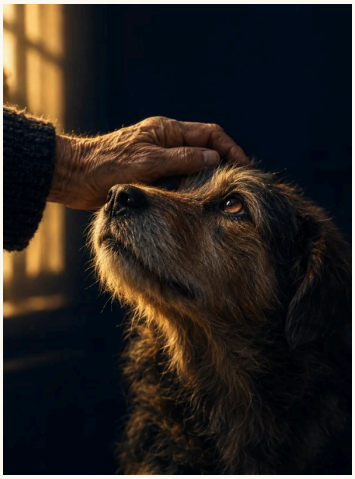


TO FILL IN

Your *8-week log*

Rate each week from 1 to 5 and circle the value. 1 = poor · 5 = very good.

WEEK	STAIRS AND JUMPS	MORNING STIFFNESS	ENERGY	NOTES
1	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
2	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
3	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
4	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
6	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
7	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	
8	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	



WHY CANOVIA SHARES THIS GUIDE

Canovia stands for a network that accompanies dogs through every stage of life, from rescue to farewell. Rescued dogs, older dogs and dogs recovering from an injury often need one thing above all: a calm restart. K9-Reset is our suggestion for it, simple, honest and agreed with your vet.

Questions and ideas: info@canovia.eu · www.canovia.eu

IMPORTANT NOTE

This guide gives general advice on exercise and care. It does not replace a veterinary examination, diagnosis or treatment. Please discuss the plan with your vet before you start, especially for puppies, pregnant or nursing dogs, after injuries or surgery and with known conditions. Stop an exercise if your dog shows signs of pain.