

Growth Plates Injuries

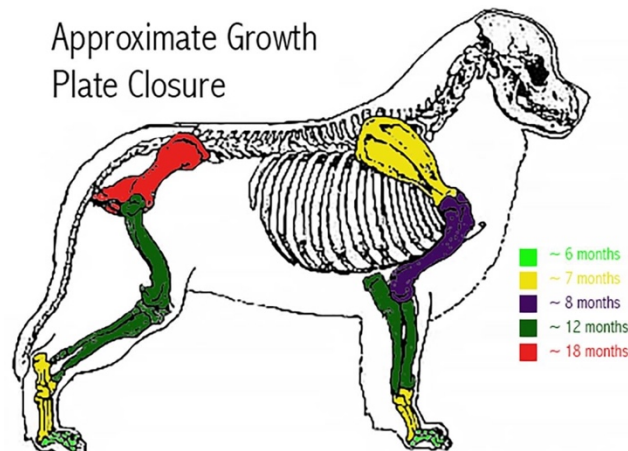
Pembroke's are a dwarf breed as most of you know, so even though Newfoundland's are a giant breed (Picture below) ... the growth plates close in a similar time manner. Too much exercise before the growth plates close can have detrimental effects to your puppy, which I know is hard because they are an active breed but you have to be the advocate for them. This why it is so important that they are not over exercised or forced to do repetitive impact movements. Please read the following for some tips...

Preventing injury: Growth plates and exercise for puppies and dogs

Young dogs are full of energy which often leads owners to allow excessive running or play in an effort to get all of their energy out... because who doesn't love a tired puppy. But excessive exercise causes much more harm than good because the joints they use most during exercise are where their growth plates are located. If you have a young dog, you need to be your dog's advocate because they have no self-preservation. The thing to keep in mind is that your puppy is growing at an exponential rate and even if your dog does not show any pain or discomfort, repeated high impact activity can cause long term joint issues. Continued minor muscle and growth plate strains can make your dog vulnerable to future injuries including sprains, ligament tears and more.

Basic tips for injury prevention:

- Dog parks and dog daycare are very dangerous for young dogs because it is uncontrolled exercise with lots of high impact movements during play with dogs of various sizes so their risk of injury from another dog is very high.
- For fetch play – roll the ball to ensure the ball doesn't take a bad hop encouraging a dangerous jump also limit the amount of time.
- For tug play – stay low! control the fun by keeping all 4 paws on the ground while you tug.
- Create safe interactions by limiting play sessions to one-on-one with similar size and age playmates



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