

THE CANINE ATHLETE: INJURY AND ITS PREVENTION

Saturday 11 May 2019, Dig It DTC (CW11 4TA)
11 am - 3.30 pm

An in-depth look at injury and how to help prevent it through conditioning
Power point presentations, use of skeleton model to assist demonstrations
Hands on assessment of your dog's structure, posture and strength

Your complex canine

What we need to understand about how our dogs work!

Injuries in performance dogs

Typical injuries and risk factors
How do we reduce these risks?
Acute and chronic injury
The problem with repetition....
What happens during injury and healing?
How we can help (or hinder!) the healing process

Injury prevention

How does conditioning help prevent injury?
What does a performance dog need?
What must a conditioning programme include?
How and when do you progress?

Warm up and cool down

Why this is important and how we do it!

- * Bring your dog and learn how to assess key aspects of their structure and strength
- * Begin to produce an effective conditioning programme targeted specifically for your dog!

Upstairs in agility arena (without dogs, from 11am) and obedience hall (with dogs, periods from 1.30pm, bring treats). There will be a half hour lunch break (bring lunch). Dogs should be happy left in vehicles. Handouts provided but please bring pen and notebook.

£20 (if booked before 20 April*)

£25 (if booked after 20 April)

£15 spectators

*Payments due 25 April to secure early bird price



Presented by
Audra Hurst (AdvCertVPhys, MIRVAP)
Veterinary Physiotherapist
(with assistance from Harold the skeleton)



To book:

Email audra@caracaninephysio.co.uk or
visit <http://caracaninephysio.co.uk>
or my facebook page @CaraCaninePhysio



