



Grangemead Fit For Function

Fitness Plan For Dogs

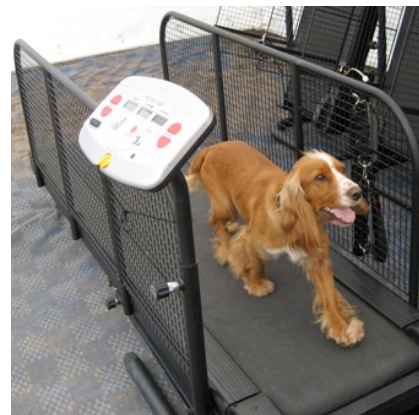


All of our own dogs are fit for function, thanks to our 'Fit Fur Life' treadmill. We are now taking bookings for supervised sessions for all canine fitness problems including referrals from vets. Some common conditions treated by using a treadmill include;

- Orthopaedic surgery
- General Surgery
- OCD
- Arthritis
- Weight management
- Proprioceptive and balance training
- Fitness
- Pre and post whelping
- Mental health and wellbeing

Any dog can use this treadmill and see improvement of wellbeing whether they are overweight, recovering from surgery, suffering from old age such as arthritis or purely for exercise and fitness. Other benefits may include;

- Improved range of movement and mobility in a controlled environment
- Enhanced muscle tone
- Perioperative care
- Improved cardiovascular performance
- Pain management
- Passive workout with great cardio vascular results
- Weight management



Case Study

There have been many successes with using a treadmill; one example is of a 7 year old, female, black Labrador called 'Penny'. She was clinically obese, weighing in at 44.8kg, due to hypothyroidism. She was measured at her first assessment on 06/02/2008.

- Waist = 29inch/74cm
- Thigh (dorsal to stifle) = 13inch/33cm
- Chest = 33inch/84cm
- Neck = 22.5/57cm

Penny shows no obvious waistline, she was going through heavy moult, greasy / scruffy coat and fat pads over her pelvis. Her pre exercise heart rate = 82 beats per minute.

Five weeks later with two or three sessions a week, she measures;

- Waist = 26inch/66cm a loss of = 3inch8cm
- Chest = 31.5/80cm a loss of = 1.5inch/5cm

She weighed in at 40.0kg, a total loss of 4.8kg. Her heart rate also improved to = 74 beats per minute, a total reduction of 8 beats per minute.

Testimonials

Veterinary surgeons achieve better post-operative end results in a shorter time with Fit Fur Life treadmills. This is great for both the dog and the vet.

Veterinary surgeon; C.C.O. Serjeant, B.V.Sc., M.R.C.V.S.

"I have 40 years experience in the post injury care of dogs and cats. I have evolved many post operative rehabilitation protocols before the emergence of all the modern surgical techniques. Rehab is very important in post injury recovery to achieve the best results, in fact it is essential.

The appearance of the Fit Fur Life treadmills has enabled me to refine the rehabilitation, under controlled conditions, of both medical and surgical conditions. This has improved the rate of recovery and the end result.

I have been using Fit Fur Life treadmill for 4 years with a great deal of success.

Medical usage has evolved around obesity and cardiac fitness. The progressive improvement in obesity is significantly better than dieting on its own. The owner sees a rapid improvement in the whole well-being of the dog, as well as the loss of weight. The basic rules for the treadmill are to start at a low speed and short time, and build gradually according to individual tolerance. Results are usually startling providing the owner complies with the whole regime. Treadmill three times a week is the minimum requirement.

Post-operative rehabilitation. I have used Fit Fur Life treadmill in muscle, tendon and ligament repair, both surgical and non-surgical with great success. Every case is individual and protocol will vary. The flexibility of this machine, starting at 0.4km/hour and going up to a top speed that we have never used, makes it very easy to individualise protocols. Veterinary nurses find helping with the rehab protocol a stimulating and rewarding process.

Rehab after joint surgery has been particularly successful, and I have used it after (i) shoulder and elbow surgery (developmental disease) and (ii) stifle-anterior cruciate surgery. The Fit Fur Life treadmill has enhanced recovery. Rehab after spinal surgery and disc disease is particularly rewarding. The overriding superiority is the flatbed and the fine control that can only be achieved with this machine."

Our Prices

Our prices start at **£25** for the initial assessment, to plan out what action is best for each individual.

The next ten sessions are **£20**. Any following sessions are then reduced to only **£15**.



Contact Us

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Or visit our website at www.grangemead-labradors.co.uk
to see our dogs fit for function.