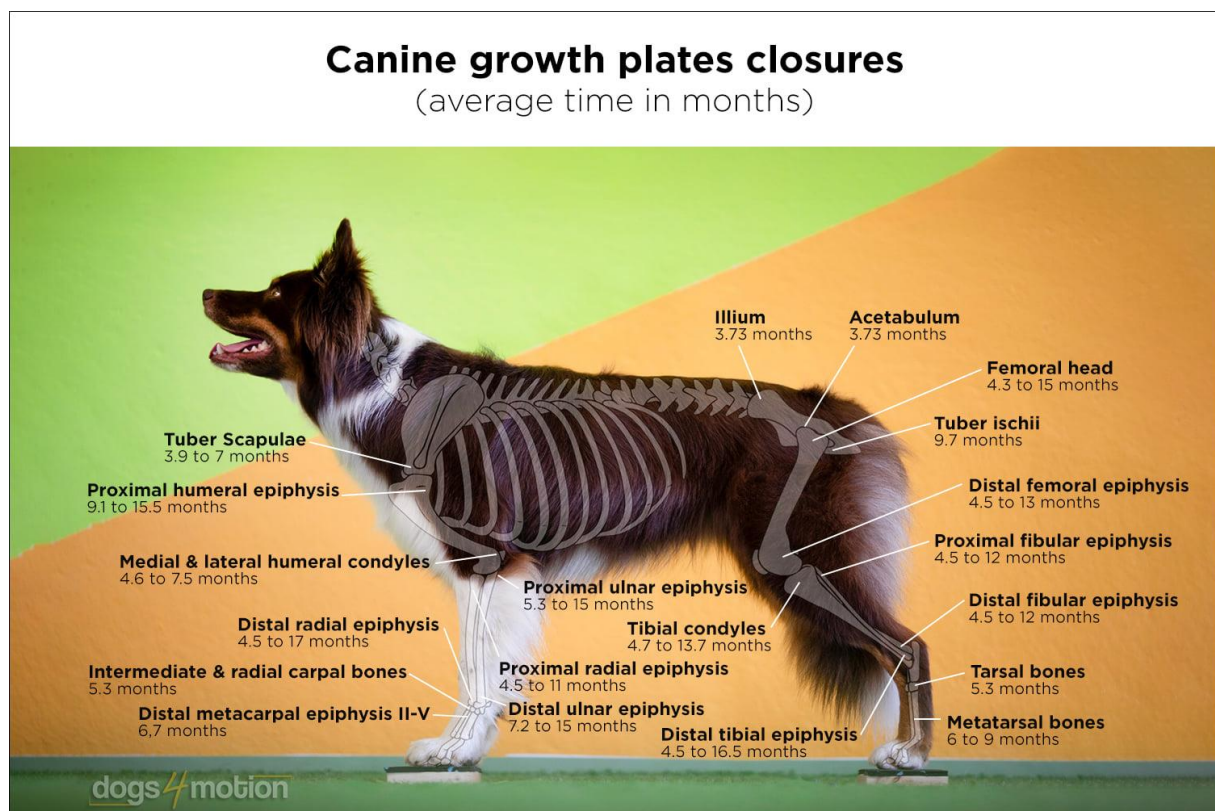


Ko pride mladiček k hiši, je praviloma zelo živahen in ne pozna mere. Žal jo včasih nimajo tudi lastniki, ki prehitro vodijo mladička na dolge sprehode ga nameravajo v najboljši veri utruditi z metanjem žogice, se veselijo, ko mladič evforično preskakuje razne ovire ter skače iz višjih na nižje nivoje... Kosti mladičkov pa še rastejo, dozorevajo in kalcificirajo, zato je treba biti pazljiv, da mladič z gibanjem ne pretirava. Lahko namreč pride do poškodb in fraktur, ki vodijo lahko v deformacije. Preveč ponavljajočih se gibov (vaj), lahko vodi v resne poškodbe. Bolje manj ponovitev in več različnih vaj.

**ČESA NE POČETI:** dolgi sprehodi brez primernega počitka, prehitri in prezahtevni sprehodi, ponavljanje štartanja (npr. tek za žogo) in ustavljanja (hitro ustavljanje zaradi žoge), skakanje iz kavča ali višjih objektov v okolici, hitri obrati okoli predmetov, nenadno ustavljanje (npr., da pobere igračko)

**KAJ LAHKO POČNEMO:** Namesto 5 km dolgega sprehoda raje dva kratka, ob čemer naj ne bo cilj dolžina sprehoda, temveč spoznavanje novih stvari v okolju, spoznavanje novih vonjev, igra ipd., sprehodi in igra naj potekajo po kar se da ravnem terenu (ne gor, ne dol!), igra naj bo nežna, naj se naučijo vohati in iskati priboljšek ali igračko v travi ipd.

Celoten prispevek v angleškem jeziku, vir: Dogs4motion Academy for active dogs



**Growth plates** are found in young dog's bones. They are a place where bone cells grow, mature and calcify. Their main job is growing the length and width of the bone. Closed growth plate (solidifies into bone) means that the bone is done growing. It is the weakest part of the growing bone and can be damaged (fractures, stress injuries), resulting in possible growth deformities.

**Doing too much and mainly repetitive exercises with puppies can lead to stress injuries of the growth plates**, so doing too much of the same thing is not good with them. It's better to strive for less repetitions/time and more diversity in exercise or training. This does not refer to not exercise pups at all, they need and benefit from various activities and exercises, but there are certainly some things we as dog owners can put some limits to in order to avoid putting excessive stress on their growing structures.

#### **DON'Ts**

- ✗ Long walks or hikes, where your pup is not able to take some rest or go at his own pace
- ✗ Repetitive starts and stops like running after and stopping for a ball
- ✗ Jumping off objects (such as from the sofa, or down the higher objects in the environment), repetitive running up and down the steep hills
- ✗ Repetitive tight turns around the objects, sudden stops (landing after jumps, or to pick up a toy), fast changes of direction

#### **DOs**

- ✓ Instead of doing a 5km walk do two half an hour walks where your goal is not the distance but rather the different experiences your puppy can get exploring different terrains, sniffing, playing, etc.
- ✓ Find flat or slightly varied terrain to prevent running up/ down the hill, jumping off things
- ✓ Playing gentle tug, food games; nose work games such as searching for a toy or a treat in the grass
- ✓ Working on puppy manners and useful behaviours you will need when the puppy grows up (recall, leash walking, settling...)

**And remember:** healthy puppies aren't made of glass, and shouldn't be kept on exercise restriction, but we should use a common sense when it comes to encouraged activities - for example instead of exploiting their natural instincts of chasing, by having them chase a toy until they drop down dead tired, spend rather some quality time with your pups with a variety of different lower-impact activities where you let your pup dictate his pace. This will help your dog grow in a confident, capable and fit young adult.[se](#)