

Keeping your dog in the best possible physical condition will improve your pet's well-being and quality of life. The staff at the Tina Santi Flaherty Rehabilitation & Fitness Service of The Animal Medical Center highly recommend the exercises and tips on the other side of this poster. Use them to tone and strengthen several areas of your dog's body. And remember that administering a healthy and balanced diet and nutrition plan is an important part of fitness too. As our instructions for exercise prove, you don't need a large area to give your dog a good workout. These exercises can be performed in just about any corner of your home. In no time at all, you'll discover how exercising together can strengthen the human-animal bond...and make you and your pet both feel healthier!



Start This Program Today!
The importance of keeping your dog fit



The Tina Santi Flaherty Fitness Service of The Animal Medical Center
The only facility of its kind in New York City

Our new, state-of-the-art suite for companion animals has been fully equipped with underwater- and land-based treadmills, a hydrotherapy tub and much, much more. In addition, our staff will be happy to formulate a specialized program for your pet, including diet and home exercise recommendations. These services can be particularly beneficial to pets that are:

- Elderly
- Arthritic
- Suffering from endocrine diseases such as diabetes, Cushings, hypothyroid, and others
- Neurologically impaired
- Overweight
- Athletic

To speak directly to a staff member at The Tina Santi Flaherty Rehabilitation & Fitness Service of The Animal Medical Center or to make an appointment, call (212) 329-8610.

The Animal Medical Center also offers you and your pet a wide range of specialties and services including:

- Acupuncture
- Avian and Exotic Pet Medicine
- Cardiology
- Computed Tomography (CT)
- Counseling Services
- Cytology
- Dentistry
- Dermatology
- Diagnostic Imaging
- Echocardiography
- Emergency and Critical Care
- Hematology
- Hemodialysis
- Internal Medicine
- Interventional Endoscopy
- Interventional Radiology
- Magnetic Resonance Imaging (MRI)
- Minimally Invasive Surgery
- Neurology
- Neurosurgery
- Oncology
- Ophthalmology
- Orthopedic Surgery
- Pathology and Immunohistochemistry
- Radiation Oncology
- Radiology and Diagnostic Imaging
- Rehabilitation Therapy
- Soft Tissue Surgery
- ¹³¹I Therapy-Feline Hyperthyroidism



Featured Services
The Animal Medical Center gives you access to world-class veterinary care



About The Animal Medical Center

What sets us apart from other veterinary hospitals

The Animal Medical Center is a not-for-profit institution that advances animal care, pioneers effective therapies, seeks safer and more convenient methods to diagnose illness, and builds academic and clinical teams that are world renowned.

Our doors never close. We are open 24 hours a day, 7 days a week and veterinarians are always on site to address pet emergencies and monitor hospitalized animals.

In addition, the expertise and experience of our veterinary team is unparalleled in the New York area. More than 80 veterinarians are on staff, and over one-third of them are board certified. As a result, many of our specialists are recognized as experts in their field.

Most importantly, we are a teaching institution. That's one of the reasons why our treatments are always based upon the latest research and technology that veterinary medicine can offer.

Contact Information

To set up an appointment at The Animal Medical Center, call (212) 838-7053, seven days a week.

To speak directly to a staff member at The Tina Santi Flaherty Rehabilitation & Fitness Service of The Animal Medical Center, call (212) 329-8610.

In case of emergency, bring your pet directly to The Animal Medical Center. Your pet will be examined and cared for by one of our veterinarians.

If you are a veterinarian making a referral, call the Referral Office at (212) 329-8890 or (212) 329-8758.

For general information, call (212) 838-8100 or log on to: www.amcny.org



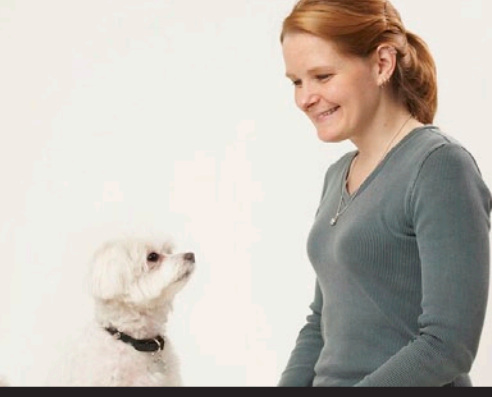
THE ANIMAL MEDICAL CENTER
510 East 62nd Street
New York, NY 10065



Ten Exercise Tips For Your Dog

Important advice from the fitness experts at New York's largest veterinary hospital

FREE POSTER INSIDE!

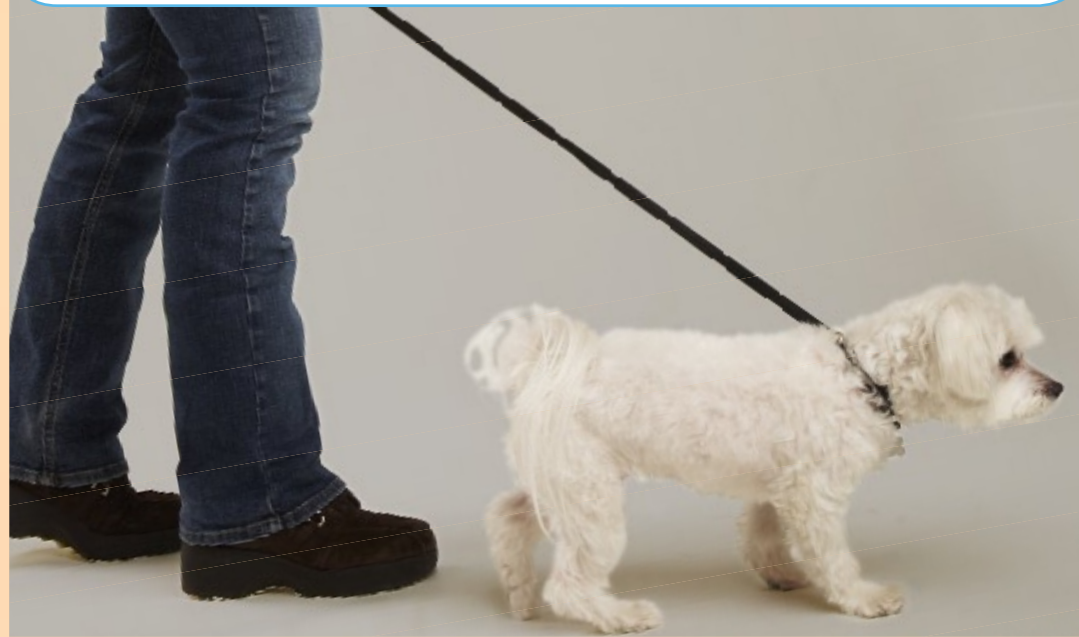


Try these 10 simple exercises and see the results they can bring to both you and your pet.

1. Always give your dog a proper warm up.

Walking is an excellent, all-purpose warm-up prior to exercise, practice or competition. Start walking at a comfortable pace, then move into a trot for 5-10 minutes.

To build endurance, we recommend 20 minutes or more of moderate intensity exercise such as trotting or swimming.



2. Do the happy butt scratch dance.

Vigorously scratch the top of your dog's rear end. Most dogs find this stimulating and will "dance" from side to side with the rear legs, shifting their weight and strengthening these muscles.



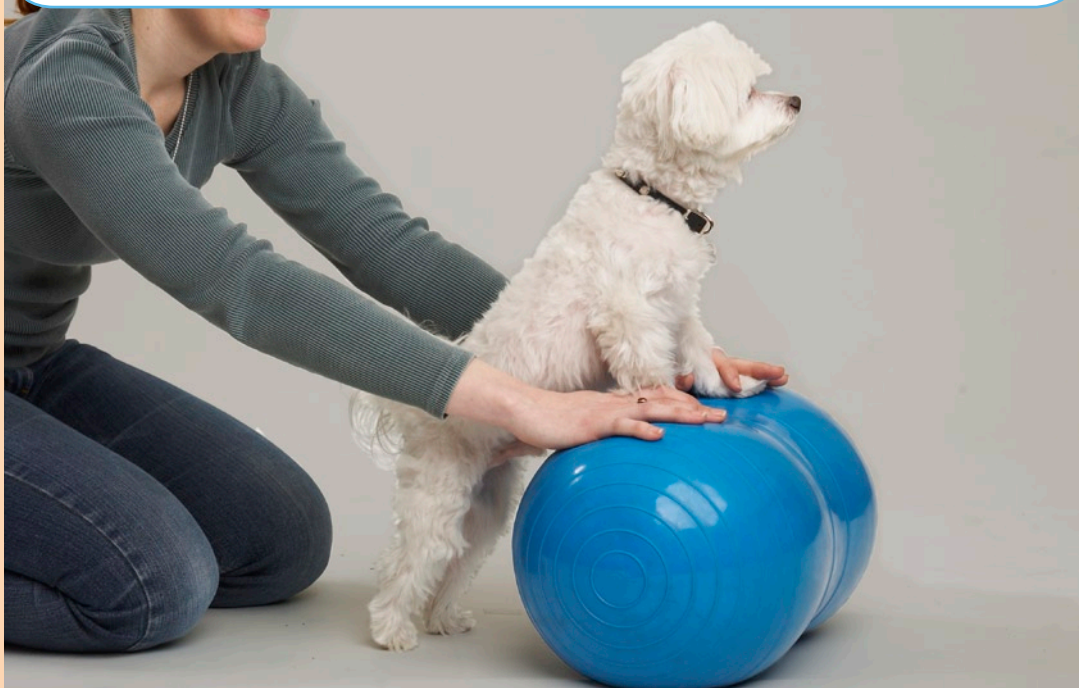
3. Try some paw power.

Give your dog a High Five! The dog will reach up with one paw. Repeat 2 to 3 times on each side. This movement exercises shoulders, front legs and elbows.



4. Make your dog athletically inclined.

Get your pet to lift his front limbs from the ground by using a Physioball, going upstairs or even dancing. These exercises will strengthen the hind limbs. Repeat this exercise with the rear legs to strengthen the front limbs.



5. Stand on three legs.

Lift one of your pet's legs off the ground. If it's the front leg, bring the leg forward. If it's the rear leg, lift it backwards. Support the leg lightly so your dog cannot use your grip to help support himself. This exercise helps to improve weight bearing and strength.



6. Rock on!

Grab a couch cushion, rocking chair, air mattress or commercial "bosu"—anything you can rock by hand. Stand the dog on what you've chosen and slowly rock. The dog will automatically shift weight to correct balance with every motion.



7. Do the roll over.

A) Start with your dog in the down/stay position, and hold a treat or toy near the nose as a lure. In a clockwise, circular motion, move the lure to the side of one shoulder, luring the head.

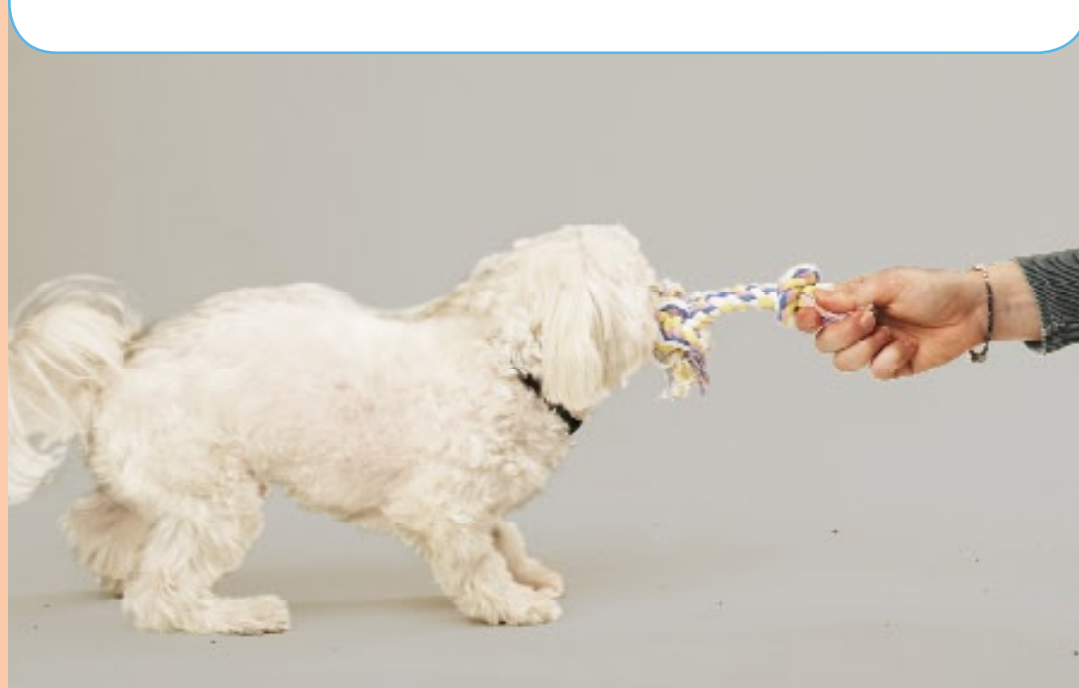
B) After repeating and rewarding that motion, pull the lure up to the spine. When the dog begins to lose balance, praise him.

C) With practice, he will roll over onto his back and complete the roll over.



8. Join in a tug of war.

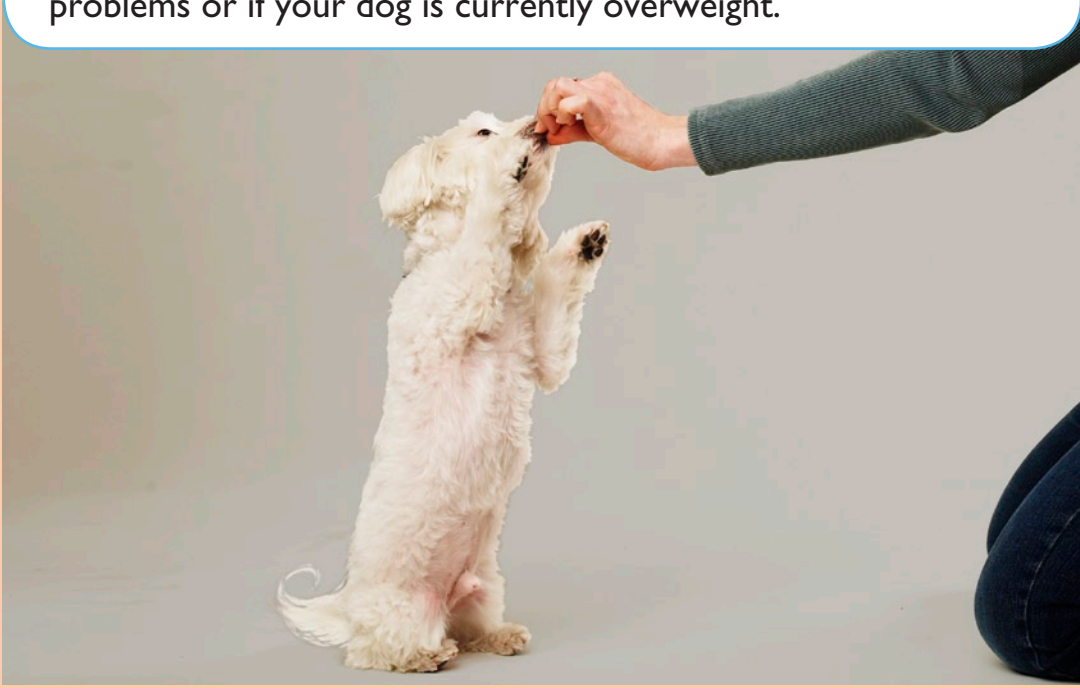
Encourage the dog to pull straight back—not side to side. A useful tip: hold the tug straight to the floor as this works the muscles in the front legs as well as the hind legs.



9. Sit up and beg.

Great for core conditioning. Using a healthy treat for reward, lure the dog's head up as far as it will go and hold that position for a few seconds.

Note: avoid this exercise if your dog has a history of back problems or if your dog is currently overweight.



10. Stretch up, then take a bow.

Encourage your pet to stand on hind legs and stretch his front paws upward. If this is too difficult, have your dog rest his front paws on you. Later, when your pet stands after sleeping and stretches—by fully extending his front feet and raising his rear end—praise and reward him. Both positions provide needed extension of the spine.

