



# Dogs' Homes of Tasmania

Operated by the Tasmanian Canine Defence League.  
Locations at Hobart, Devonport, & Burnie.

Post Office Box 7  
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[www.dogshomesoftas.com.au](http://www.dogshomesoftas.com.au)

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## Canine Connections ~ Over-Exercising Dogs

Dogs are designed for short bursts of speed not endurance running.

When exercised beyond their physical limits, dogs' joints are prone to injury in the same way that human joints are.

Arthritis and cruciate ligament damage are two of the most common problems which may occur due to over-exercise in dogs.

Many dogs enjoy a good run alongside their human guardian and are often seen pounding the pavement or perhaps joining in on a fun run event. Of course dogs will give the impression that too much running is never enough and so it is left up to us to regulate our dogs' exercise in order to avoid long term and permanent joint damage.

It is especially important to control exercise in puppies and young dogs. Growing bones and joints can be easily damaged. Puppies should not be taken on long walks until fully grown.

Running during play sessions is all a puppy needs and fun-run events are not recommended for dogs unless you plan to walk most of the way!

Forced exercise is not only unnecessary but can be dangerous to a dog's health.

Over-exercise is one of the risk factors in hip dysplasia, a debilitating abnormality of the hip joint. Thought to be a hereditary condition, the severity of hip dysplasia can be effected by too much exercise and even rough play.

In general dogs try to mask their pain so if your dog limps or shows signs of stiffness or soreness in the legs and hips after exercise, your dog has definitely over-done it. For your dog's long term health and mobility, ease up on the running component in his/her daily exercise regime.

### **Burnie Dogs' Home**

**170 Stowport Rd.,  
Burnie TAS 7320**

**Ph: (03) 6431 6199**

### **Devonport Dogs' Home**

**Spreyton Park Racecourse  
Devonport TAS 7310**

**Ph: (03) 6427 2178**

### **Hobart Dogs' Home**

**101 Scotts Rd.,  
Risdon Vale TAS 7016**

**Ph: (03) 6243 5177**

*The information in this brochure offers general advice on animal care and responsible dog guardianship. This information is offered in good faith however the TCDL cannot accept any responsibility for acts or omissions based on this advice.*