



Hands on
Paws

Presents

Pawfect Balance

The Wonderful World of Dogs and Canine Myofunctional Therapy

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FREE



Cover Photo: My dog Darbi enjoying the dog friendly park at Little Mountain



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From the Editor.



Hi to all my friends,

I hope you enjoy my latest issue. As of the 1st May this year, I made a business choice to reduce my treatment prices by 20% and over. I did this so that my treatments would be more affordable to those that need treatments for their beloved fur babies. My passion and commitment is driven by my desire to see that those that need treatment can afford it.

In this issue I look at injury prevention ideas for your friend, Little Mountain Dog Park plus more. It's great reading, find out about our canine companions. Join me on my Facebook page where I post articles about our furry friends, their muscles, skeletal system and the wonderful world of Canine Myofunctional therapy.

<https://www.facebook.com/CanineTherapy4575/>

Regularly visit the web page www.handsonpaws.com.au where I have various free downloads available and more information on my business.

CMT - Injury Prevention

Summer or winter, the risk of injury is always there. These risks can be greatly reduced so it is safer for your dog, preventing long periods of recovery. So let's have a look at what can be done to reduce the risk of injury.

Possibly the most important factor is the dogs weight. Overweight dogs create more stress on their legs and in general on the "whole being" especially when they start engaging in:

- ☒ Exercise,
- ☒ Running,
- ☒ Jumping,
- ☒ Playing with other dogs,
- ☒ Agility,
- ☒ Fly ball

And the list goes on.



Dogs playing or doing agility risk injury. We can supervise them and reduce the risk.

On the flip side dogs that are below their desired weight can also cause undue stress to the body. A good healthy weight guide for a particular breed is usually available on web sites according to their sex and height at the wither.

Slippery hard wooden floors or tiles can cause great risk of injury and soft tissue muscle injury if not supervised correctly.

A rug, non slip mat, or dog bed on the floor on which they can sleep, will greatly assist in preventing injuries, especially where the dog gets up quickly to investigate a noise or unfamiliar event.

Some of us enjoy inviting our fur kid up on the bed or lounge, but with this comes a certain amount of risk as well. Being mindful about the level of exuberance they do this with is important, also the height, the surface "from and to" that is involved.

Remember their limbs are like hinges and while their muscles are elastic in nature we want to prevent at all costs overstretching, and overuse.

When muscles are tight or stressed they shorten, this will mean the joints will be closer than they normally should be This will restrict movement. This is not what we want for them.

There are many more preventative measures that can be taken; these are a few to get started. Should your dog get injured, monitor them. Never allow your dog to continue using the injured area, as the more use the more damage.

It may be necessary to get veterinary or canine myofunctional treatment if your fur baby is injured. Prevention though is always better than getting treatment.



Top Dog Spots - Little Mountain

Little Mountain dog park is situated a little west of Caloundra near the Sunshine Coast race course. It isn't the biggest dog park on the coast, but there are BBQ areas for you and your family.



Map – courtesy of Google maps.

It boasts a children's playground, walkways, ponds and an enclosed dog activity area. The activity area has a section for small dogs, whilst the larger area has ramps, jumps, stands, and other equipment to play with your dog.



The area is also a great place to train your dog.



The people we met there were all friendly and up for a chat. We also witnessed owners being very responsible with their dogs, which was great to see.



Like La Balsa park featured in our last issue, Little Mountain Common is a great place to spend with the family for a day. Picnic or BBQ, it has all the amenities you will need for a fun day.



Let me know your thoughts about this little spot at info@handsonpaws.com.au

Canine News – Carnivore or Omnivore?

Is a dog carnivore or omnivore, a debate that continues today, and probably will long into the future. Let's have a look at a few points of view and fact.

The real question is are they?

- ☒ Oblique carnivores - they must have meat.
- ☒ Carnivores – Their primary diet is meat, though will eat fruits and berries.
- ☒ Scavenging carnivores –Need meat, but will eat what they find.
- ☒ Omnivore – need nutrients from meat and vegetables and grains.
- ☒ Indifferent omnivores – no preferences.
- ☒ Herbivores – grasses and vegetables

DNA studies confirm that dogs evolved directly from the timber wolf about 15,000 years ago. We also know that wolves are carnivores, so are the dogs carnivores? Dogs have very similar traits to their ancestors, teeth, digestive systems and behaviour would confirm this.



But dog's can eat fruits, vegetables and grains, so aren't they omnivores? The truth is they are designed naturally to be meat eaters. Dogs chop their food and don't grind or chew their food like omnivores or herbivores.

Dogs don't have flat teeth, like all carnivores their teeth are pointy and narrow; they can't move their jaws from side to side, only up and down, ripping and tearing their food. Give a dog a lamb shank and watch how he eats.

Science and veterinary study shows that carnivores don't produce amylase in their salivary glands. Amylase is used to break down starchy carbohydrates as found in vegetables and grains. But dogs do make amylase, not in the salivary glands but in the pancreas and small intestine.

Carnivores have bigger stomachs than herbivores. A dog can consume 25% of their weight in one meal, a cow can't, and they need to graze all day. Dogs have a high acid content in their stomachs to break down meat, allowing faster digestion of the proteins found in meat.



The dog was designed to eat meat, yet obviously dogs can survive on grain. Most dog foods in cans and kibble are grain based. In the last hundred plus years the pet food industry has become huge. So what does your dog eat.

In the 1950's to late 1990's dogs were also largely fed table scraps. Since he became mans companion, he ate what he was given or could scavenge. My view is they are scavenging carnivores, but the debate goes on.

Travelling Canines

Dog sitters and holiday destinations

Often when we choose to take our dog on holiday with us we realise that they can't come everywhere with us. If you want to hike in a National or State park, your fur baby will need to stay at home. If visiting relatives, then family or friends may look after your companion

If travelling, and staying in a pet friendly property, you may be able to leave him or her alone for a few hours. It's not a good idea to leave your pet alone for extended periods of time in a new environment. Besides stressing them, an unfamiliar environment might result in unexpected behaviours and damage.



So what are the options?

A dog sitter is one option, as your companion will not be alone. There are ads everywhere these days, people willing to look after your dog for a fee. Seek word of mouth referrals and make sure you meet the sitter, and your dog appears calm with them.

Leaving your dog at a kennel for a day or two is another option. Keep in mind though, if travelling in peak periods, kennels can book out up to 12 months in advance. Again research and word of mouth are important factors to consider.

With these options, keep in mind your dogs needs, especially if they are on a raw food diet. Should your dog require a meal while you're out and about consider that not all places cater for your individual choices.

With the internet available and so many choices, prior research and planning will ensure a pleasurable holiday for you and your canine companion. Don't forget to get details of a vet where you are staying in case of an emergency.

I don't like to personally recommend any one site or person, as everyone's needs and expectations are different. There is a lot of information available today, though you need to know what feels right to you. You could start your search engine enquiries with:



- Dog friendly accommodation
- Dog sitters (followed by the area you are staying in)
- Dog friendly caravan parks
- Travelling with pets

This should give you a good idea of what's available and where...
Enjoy your holidays.



My Fees

Hands on Paws, provides Canine Myofunctional Therapy to the Sunshine Coast. Covering Caloundra in the south To Noosa in the north, and west to Landsborough for a standard set fee.
(Currently we only accept cash payment.)

45 Minutes	\$45
60 Minutes	\$60

Outside of these areas services are provided at the standard fee, **plus** a fuel and travel expense to be negotiated at the time of booking.

Bookings:

Please call Sarah on
0431 948 208
to make an appointment

*Please leave a message if
I don't answer
I may be treating a patient.*