



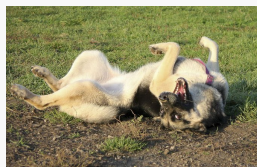
Signs of Fatigue



- The dog shows a different behaviour than the behaviour that was asked for (sitting down constantly instead of static stand), while the dog is familiar with the wanted behaviour.
- Trembling muscles (other than from excitement)
- Slowing down
- During a set or session showing sloppier execution of the exercise
- Walking off or refusing to do the exercise (while she is familiar with the exercise)
- Trembling
- Constantly weight shifting
- Leaning to one side
- Changes in breathing or panting
- Showing a for the dog strange gait
- The dog shows more attention for everything that goes on around her though there are no new distractions



Signs of pain or feeling uncomfortable



- The above signs of fatigue are also seen when the dog is in pain, those signs can also occur during other activities and even during rest
- Different posture (eg. head down, rounded back)
- Changes in gait (eg. head goes up and down or the dog starts limping)
 - Limping is always a sign of pain
 - If the head goes up and down, usually one of her front legs is injured or in pain
- Changed behavior (eg. she doesn't want to play with other dogs anymore, starts biting or showing aggressive behaviour, barks or whines more than usual)

- Changes in caring for themselves (eg. licking a lot, licking one spot more often again and again)
- Changes in physical health (eg. drooling, less active, panting a lot)



Advice

There is only one advice:

If your dog shows signs of fatigue, you should stop exercising. You can try again after a few hours, but it is usually better to try another day..

If your dog shows signs of pain: STOP

Some signs of pain are more urgent than others. If your dog is in pain and you don't know what causes this pain then you should consult your vet.

To know if your dog shows different behaviour (panting, limping drooling) it is important to know your dog's normal behaviour and also know her base values (temp, heart rate, breathing frequency etc).

It also can come in handy if you know the base condition of your dog like how long can she do a static stand, can she do a sit with a proper posture, how long can she walk without panting.

In case of existing HD or CCL injury or recovering from surgery, you must be able to see if symptoms are worse than normal or just normal: is the limping worse or normal, panting heavier etc.