



**ACTIVE**  
ANIMAL REHABILITATION AND FITNESS INC.

# SENIOR DOG MOVEMENT CHECKLIST

A simple, confidence-building guide to help support comfort, mobility, and independence in aging dogs.

## DAILY MOVEMENT: WHAT TO AIM FOR

- Short, frequent walks rather than long outings
- Consistent routines at a comfortable pace
- Opportunities for gentle movement every day
- Warm-up time before activity and slower cool-downs



## WHAT FOR THESE SIGNS DURING OR AFTER MOVEMENT

- Slowing down, lagging behind, or stopping
- Stiffness when getting up or lying down
- Changes in posture, limping, or favoring a limb
- Hesitation on stairs, slippery floors, or uneven ground



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## HELPFUL HOME ADJUSTMENTS

- Non-slip flooring or rugs in common areas
- Supportive bedding that is easy to get on and off
- Raised food and water bowls if needed
- Ramps or steps instead of jumping



## WHAT TO AVOID

- Sudden increases in activity or intensity
- High-impact jumping or sharp turns
- Long periods of complete rest without guidance
- Pushing through visible discomfort



## WHEN IN DOUBT, ASK!

**The right movement should feel supportive, not stressful - for you or your dog.**

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