

# REMAP *your* DOG's life!



## *Hello and Welcome*

I'm Lana, and I'm a veterinary physiotherapist. Like most of us, I thought I knew a lot about canine wellbeing – I did, but this was based on a generic, veterinary based understanding that wasn't specific to each dog as an individual.

Nothing made this more apparent than when I rescued my border collie, Holly. She'd been passed around and had various homes in her 3 years on this planet. Each home failed because she was just too much to handle and was becoming 'unpredictable'.

In sad reality, she was screaming out in the hope that someone would hear her. They didn't – and so it got worse.

When I rescued Holly I had to learn a lot. I had to step away from my pre conditioned beliefs and listen to what she was saying.

Because everything dogs do is for a reason. We need to listen to what they are telling us they need, and only when that need is met will that behaviour cease.

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I realised that health it isn't just about physical health, as my master's degree and years of veterinary experience had led me to believe.

There are a number of factors like environment, mental health, autonomy and outlets to consider. Only when all of these are in harmony can we truly see our dog's life be fulfilled.

So, I worked to create a safe environment for Holly, and once her stress levels had come down, I added the right outlets, and worked on her core strength and balance so she could continue doing what she loves without pain or injury.

Most importantly, I made sure that when she told us something, she was always listened to. Now she never has to raise that voice to be heard, and as a result those adverse behaviours have dissipated.

We still work on our wheel everyday, but we've been on quite a journey and come a very long way!





# REMAP *your* DOG's life!



I created this resource so that everyone can strive to provide their dogs with the most fulfilled lives possible.

If you want you and your dog to reach your full happiness and potential, then this resource is for you.



By understanding the interconnectedness of these elements, you can ensure a balanced and fulfilling life for your dog.

Whether you're a new pet parent or a seasoned dog lover, this resource is an invaluable tool for fostering a happy, healthy, and harmonious relationship with your dog.

**I'm so excited for the journey you are about to embark on,  
and your dog will be too!**

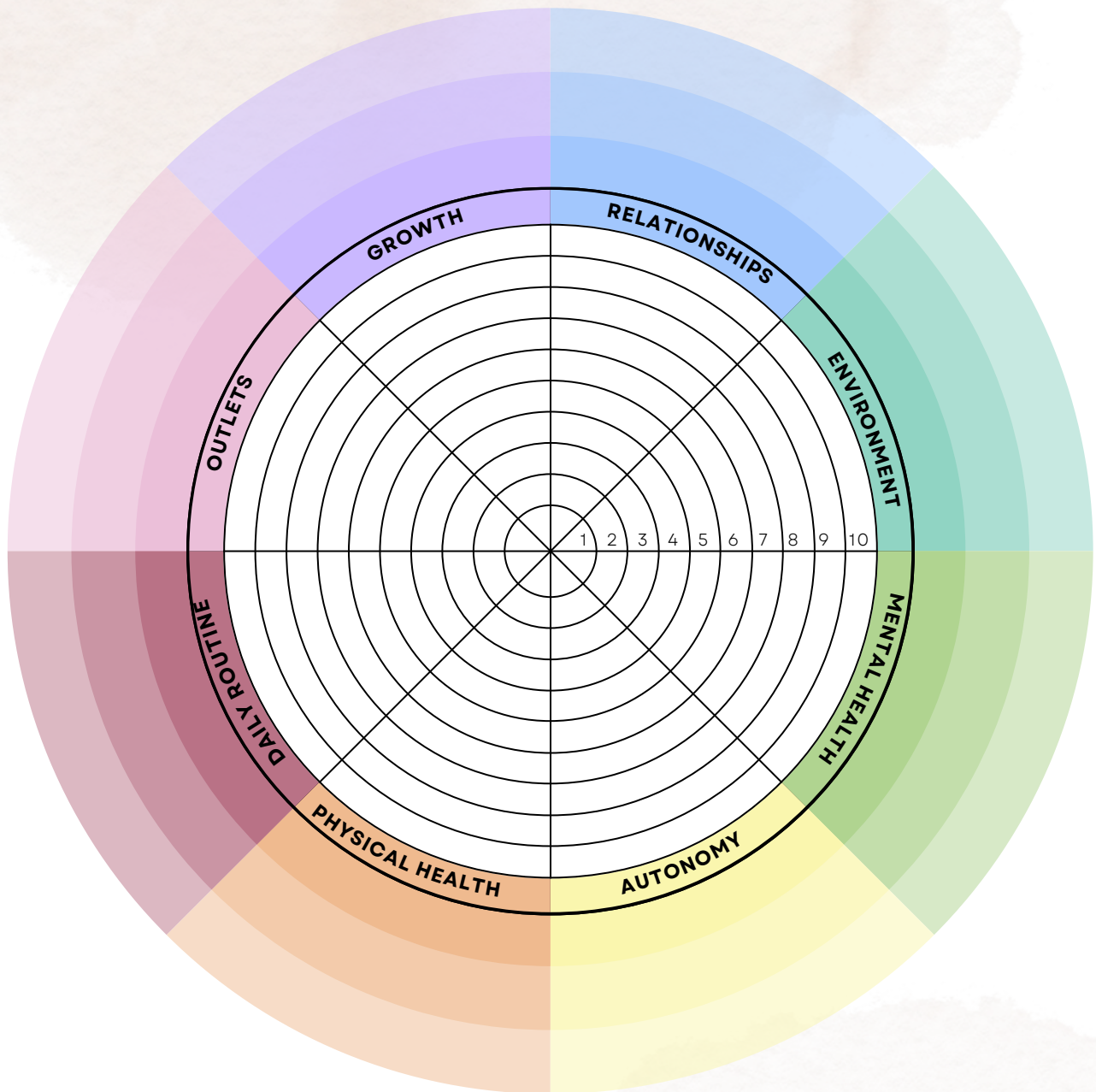
*Lana*

# REMAP *your* DOG's *life!*

*with*



## The Canine Wheel of Life



**Score:     /80**

Using the questions on the following pages, simply rate and colour each element out of 10 on your wheel. Add up your scores at the end and use your wheel as a visual tool to see your areas for improvement.



## R - Relationships



How would you score your bond with your dog?

How would you score your partner/children/people/other animals you live with's bond with your dog?

How much time do you spend actually interacting with your dog? (not just present at home)

Do you do any activities with your dog aside from walks? (explore new places, training classes, learn new skills, games)

R

E

M

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D

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## E - Environment

How much non interrupted sleep does your dog get? They need 14-16 hours per 24 hour day!

How busy is your house/work (where they reside during the day?)

How many stimulating triggers happen every day? Eg. delivery, doorbell rings, builders, people coming over, kids playing football next door

Does your dog have a safe space just for them? Eg. crate, bed area? Do they have to share sleeping spaces with other animals?

Do they have a secure and interesting garden?

## M - Mental Health

Does your dog seem tired after their walk? How much does your dog badger you while you are trying to work/relax to play?

How anxious/ stressed would you say your dog is? Signs include not sleeping, pacing, panting, growling, showing whites of eyes, seeking comfort from you

Does your dog have any reactive or adverse behaviours?

How often is your dog asked to sit in busy places such as cafes, pub gardens etc?

Is your dog trained with positive reinforcement (reward-based training)? Do you use any aversive tools (slip lead, check chain, electric collar, prong collar)?

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## A - Autonomy



To what extent does your dog get to choose....

Which enrichment activity to tackle first?

The route you walk?

What they want to sniff? Which toy/game they want to play?

How often is your dog forced to do something against their will? Eg. baths, a scenario they weren't comfortable in such as a busy café or pub garden, pinned down in a vet visit?

## P- Physical Health

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Does your dog have any health conditions?

Does your dog have any conditions which affect their movement eg. musculoskeletal pathologies?

Is your dog on any ongoing medication?

Do you practice preventative healthcare for your dog? Eg. vaccinations, flea and worm treatment, remedial exercise within your daily routine, muzzle training

Do you take part in activities which increase your dog's injury risk?

Eg. not warming up before strenuous exercise (get to the park, out the car and running), repetitive ball throwing (ball launcher), not warming up before taking part in a dog sport, having lots of slippery floors in the home, allowing your dog to run up and down the stairs, jump in and out of the car.

## D- Daily routine

Dogs are creatures of routine. Do you have a daily routine with your dog?

For example, we go for our morning walk around 6:30am, breakfast at 7:15am. Afternoon walk around 1pm, training at 5pm and dinner at 6pm.

This allows predictability within their environment, improving confidence and reducing stress.

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## O - Outlets

Do you know your dog's breed specific outlets?  
Do you create space to allow your dog to engage in these behaviours daily?

For example, Holly as a border collie needs opportunities to display herding sequence behaviours, whilst a dog bred to retrieve such as a gundog will need to practice completely different behaviours.  
Crossbreeds such as cockerpoos, labradoodles and springadors have breed specific outlets too!



## G - Growth

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How far has your dog come in their development in all these elements since a puppy/since you adopted them?  
How confident are they?  
How well are you meeting their needs?  
Do you know how to nurture their growth further?

Creating a life for your dog based on understanding and trust is key for your dog to feel safe and fulfilled.

**Are you ready to complete your dog's wheel of life?**



Are you ready to complete your dog's wheel  
of life?

Get started with  
**Movement and Lifestyle Consultations**  
from Recharge Veterinary Physiotherapy

Combining comprehensive physiotherapy assessment and treatment with lifestyle advice to support your dog's mental needs as well as physical. By evaluating muscle balance, spinal health, limb joints, gait, and posture, you will gain a deep understanding of your pet's physical health. Behaviour is intrinsically linked to pain and discomfort, so we start here.

This assessment serves as a foundation for tailored advice on lifestyle and enrichment, incorporating optimal exercise routines, and exploring breed outlets and enrichment your dog. Movement and lifestyle consultations empower dog owners to help their pets achieve a balanced, vibrant lifestyle every day.

By addressing both movement and lifestyle, owners are equipped with the tools needed to improve their dog's quality of life and maintain long-term health.

Unsure of your next steps? Get clarity with a  
**FREE** meet and greet!



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Get clarity with a  
**FREE** meet and greet!



In person, if you are within a 10 mile radius of Braintree, Essex, or via video call for those further afield.

The perfect chance to:

- ✓ Get to know each other in a relaxed, no pressure way
- ✓ Chat about your dog's needs, habits, and personality
- ✓ Explore how I can support your dog's movement, wellbeing, and happiness
- ✓ Ask any questions before committing to a session

📍 In person or virtual — your choice

📁 100% free, with no obligation

🕒 Just 20 minutes to get you started on the right track

Together, let's **REMAP** your **DOG's** life

I can't wait to meet you, and start your dog's journey to true canine fulfilment and happiness for you both.

*Lana*