

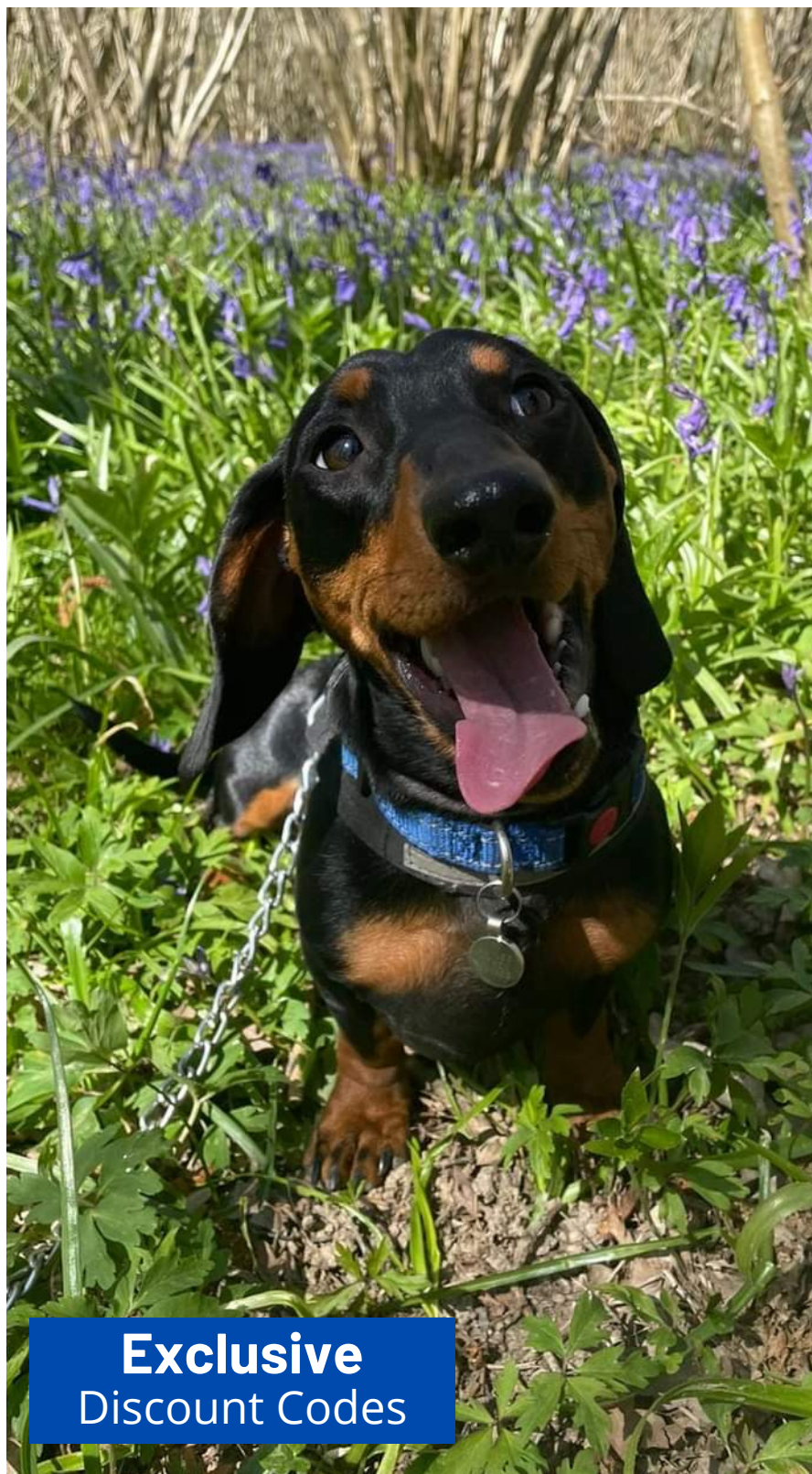
THE QUARTERLY DRIBBLE

From your local canine expert

Jo Loft - IMDT KCAI (ag)

Winter 2021/2022

£7.99 (where sold)



Exclusive
Discount Codes

**Inside this
edition...**

**Dates for
your
diaries**

**Teaching
Settle**

**ACL
Injury**

**Game of
"Cones"**

**2021
Tongue
out
Tuesday**

and more...

NOT RESOLUTIONS BUT YOUR 2022 PLANS!

"He who fails to plan is planning to fail." - Winston Churchill

Many of you either contact me looking for support or train with me monthly/ weekly and you all have the same thing in mind...you want to achieve something with your dog. It could be as simple as a better recall or as ambitious as aiming to compete at the top level in agility.

"A dream without a plan is just a wish" - Katherine Paterson

So my question to you is...what do you want to achieve with your dog in 2022? Whether it's a short term goal, a medium term goal or laying the foundations for that long term goal, you need to know what it is you want and then you can plan for it...and I can help you.

You have a dream but, In order to realise your dream you have to act on it as well. This requires planning and work, it won't just happen. Even if you want something seemingly simple for yourself (maybe learning to cook) you need to work at it. Now If you want to achieve something for you AND your dog...you need two different plans! Yes, it will be hard work...but, that smile on your face when you achieve it will be worth all the blood, sweat and tears...hopefully not too much of the blood bit though!

I have a variety of ideas and dreams for 2022 but to achieve them I need to have a plan. Those that know me well enough, know that my planning/admin are...well, pretty rubbish, but I'm getting better as I'm realising more and more how important they are to everyday organisation.

I have always said at the beginning of the year I'd like to achieve X, Y and Z...but very often only a handful of what I wanted has been completed - sound familiar?

This year, I'm making a change and planning. It's likely my plans will have to be amended as I go along, but with the end goal in sight I hope that any adjustments will ultimately make achieving my dreams a reality.

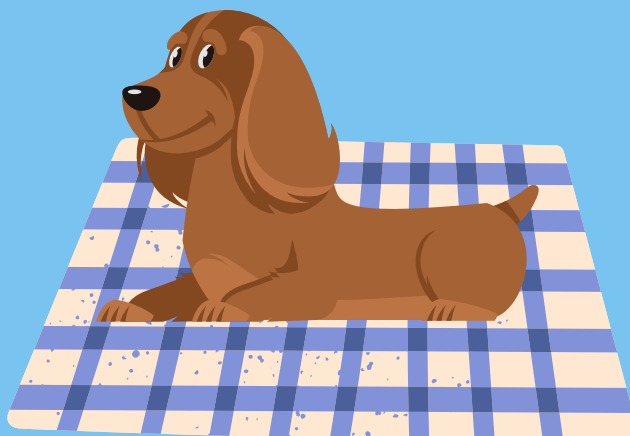
So, how can I help you achieve your doggy dreams?

SETTLE

Settle is about encouraging your dog to relax in a certain place, this is hugely helpful both out and about as if you teach your dog to settle on an easy to carry around blanket, then you can teach your dog to settle anywhere...such as a friends house, cafe etc.

Start off with your chosen blanket (make sure it's a suitable size for your dog) directly in front of you, as your dog comes over to investigate the treats you are holding your dog will interact with the blanket in some way. your dog may look at it, sniff it, or may tread on it straight away. No matter what your dog does towards that blanket drop a treat on the blanket. Remember, if I thought a cake may fall on my head for being in a certain location, I am more likely to stay in that location hoping for another magical cake.

As you progress through this exercise, you may find that your dog offers you another behaviour on the blanket, such as a sit or down. This is ultimately what you're looking for; your dog happily settling on this blanket no matter what. Don't forget to keep building on this trick by adjusting the 3Ds: Distance, Distraction & Duration and before you know it you'll have a wonderful behaviour that you can take with you all over the place.



PeRiHab **WINTER ADVICE**

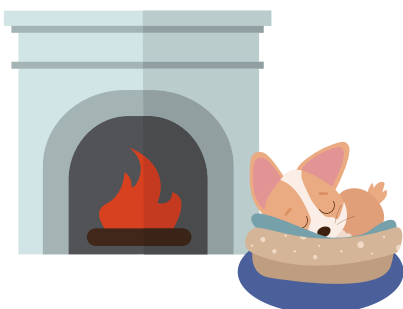
Mobile Canine Rehabilitation

TOP TEN TIPS

As winter has now properly set in, we, at PeRiHab, think that it's important to take several things into consideration, to help keep your dog safe and healthy throughout this colder time.

The following are our '**TOP TEN TIPS**':

1. Keep your dog **WARM**: We make sure that we dress up warmly when going out in the cold, so why not your dog? They may have a 'coat' themselves, but some dogs are definitely negatively affected by colder weather. There are many different coats on the market, to keep your dog warm and comfortable, there will be one to suit your dog for sure. This may be a fleece coat, or a waterproof coat, or something else, perhaps including cover for their legs. Make sure that, whatever you use, it fits well, snugly but not too tight (make sure you can always get 2 flat fingers underneath it).
2. Keep your dog's **FEET HAPPY**: After a walk in the snow, clear all snow or ice from their feet, including in between their toes and stuck to hairs. Also, if the local authorities have spread salt or grit, make sure you wash your dogs' feet thoroughly after a walk, as some salts and grit can cause skin burns and irritation. Some dogs benefit from wearing special boots, especially when walking in the snow or over rough terrain. Many different brands are available. You may choose to use a special dog paw balm, designed to protect and nourish your dogs' paws' sensitive pads. PeRiHab produces its own dog paw balm, called PeRiBalm, made of all natural and organic ingredients!
3. Make your dog **VISIBLE**: During the winter days are short and we often walk them in dusk or even dark conditions. Make sure your dog is seen, by you and others, by making them wear a high vis jacket, or a flashing tag on their collar for instance. Alternatively, some dog coats have reflective strips incorporated in them, which also helps.
4. Make sure they can be **IDENTIFIED**: All dogs must, by law, have a microchip implanted. Make sure the details on the database are correct and up to date. But they should also always wear a collar and identification tag, by law.
5. Keep them **ACTIVE**: Even if we don't necessarily walk them quite as far, or as frequently, as during warmer months, make sure they get their activity, needed to keep them from mischief. This may mean that you do some extra play indoors, or play games, or do obedience exercises, on top of the outside walks.



Tags on collars & Microchipping are a legal requirement

PERIHAB WINTER ADVICE

TOP TEN TIPS CONTINUED

6. **DON'T OVERFEED** your dog: As they may have less outdoor exercise than during warmer months, you may have to adjust their food intake, to prevent them gaining weight over the winter months. This is especially important for older dogs, or dogs with osteo-arthritis for instance, as they are more likely to suffer from being overweight, or find it harder to lose the weight again once the warmer months come along.

7. **SNOW and ICE**: Apart from the above-mentioned potential paw issues, snow and ice carry other risks for dogs too! As much fun as it is for us, dogs may find snow and ice uncomfortable, or even scary, to walk or run on. Slipping and sliding, or subsequent falling, can cause muscle and other soft tissue injuries, or even broken legs. Beware also of frozen ponds, as the sharp ice can cause injuries, apart from the obvious risk of drowning if the ice is over deep water.

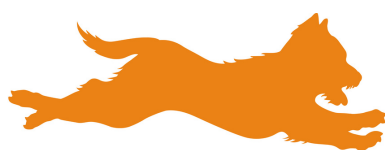
8. **A COMFY bed**: Make sure that when your dog comes home, that there is a soft, warm and comfy bed waiting for them. Again, this is especially important for older or arthritic dogs.

9. **MEDICATION**: If your dog seems especially stiff, or slow, during the winter time, please do ask your vet for advice, as they may need medication to keep them from being in pain. Remember, there are many more ways than medication, to keep your dog from being in pain. At PeRiHab, we have access to many different ways to help your dog, such as acupuncture, laser treatment and much more.

10. **DANGERS**: Remember that some products we often use during the winter time, can carry significant risks for dogs (and other pets too of course!). The most common poisoning we see in the wintertime is the one caused by the ingestion of anti-freeze, as it's commonly used and actually very attractive for dogs, as it's sweet tasting! It can cause severe poisoning, often leading to death, especially if not treated immediately.

PeRiHab hopes that with these 10 SIMPLE TIPS, we can all try and keep our dogs safe and healthy during the colder winter months. If you need any help with anything mentioned above, please do not hesitate to contact us on 07494 208112 or hello@perihab.com

You can find more information on our website www.perihab.com



Move to Improve

ANTERIOR CRUCIATE LIGAMENT INJURY!

I hear it so often..."Cruciate injury", "Cruciate rupture"... "Surgery"!

But I never expected it to happen to one of my dogs.

My dearest Dexter, just shy of his tenth birthday and on a normal Sunday afternoon walk in the field behind my house that I've walked on a thousand times. It just happened! In the time it took for Dexter to run ten metres away from me, he was suddenly on three legs!

Dexter is never one to make a fuss or be dramatic, so I knew exactly what he'd done. I picked him up and left my other dogs with my bestie and carried Dexter home. My arms felt inches longer by the time I was home but it was apparent that this was no ordinary injury.

As luck would have it Dexter already had an appointment scheduled for first thing in the morning to be seen following a surgery a couple of weeks before. That night I prepared for him to be admitted and X-rayed. Sure enough, the X-rays confirmed my suspicions and he was referred to the local orthopaedic specialists and given a date six weeks away for surgery!

Amazingly, the vet had a cancellation and Dexter could go in for surgery two days after the rupture. Being without my little man at home broke me and sitting by the phone the next day waiting for it to ring very nearly finished me off, but I was able to bring him home the following day.

Now comes the six weeks of rest and recovery...but it seemed our streak of luck had ended.



**Before &
After X-rays**



ANTERIOR CRUCIATE LIGAMENT INJURY CONT...

Dexter was not healing as expected and, after six weeks, his veterinary physiotherapist confirmed that there was a lot of muscle wastage and a further consultation was needed.

The consultant confirmed our fears that things had not gone to plan and more surgery was likely required.

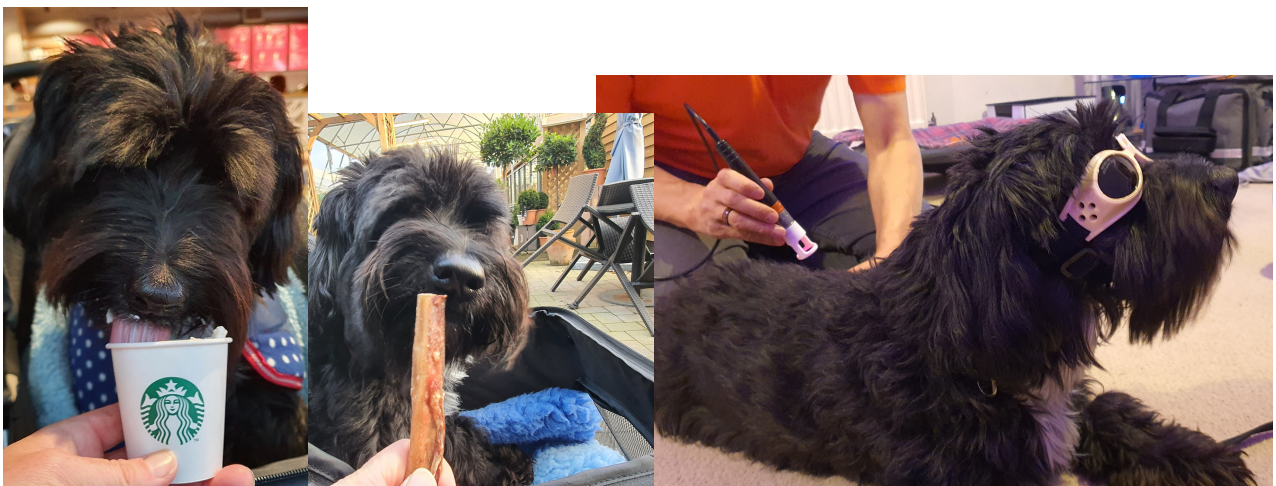
Dexter is now undergoing another six weeks of physiotherapy in the hope of some form of improvement to help him prepare for the next surgery. He is certainly enjoying the additional therapies, his pushchair and even more spoiling than usual. My credit card balance is certainly not as happy as Dexter is at the moment...but he is worth every penny...and the interest!

Paw-note

With a further six weeks of physio and strengthening exercises, Dexter has now been signed off by the specialist and only needs to return if he starts to have a problem.

The physio and treatments really made a huge difference to Dexter...also I'm 100% sure that as I got him a buggy so he could be out for longer this lifted his spirits much more and he wanted to do the exercises more when he'd had more activities during each day.

I'm over the moon that he doesn't require further surgery and cannot thank Pete and Rimante at Perihab enough for helping me to help Dexter get to this stage. Now to build up even more strength and stamina so he can enjoy off lead walks again in the future.



TIME FOR A CUPPA WITH YOUR PUPPA

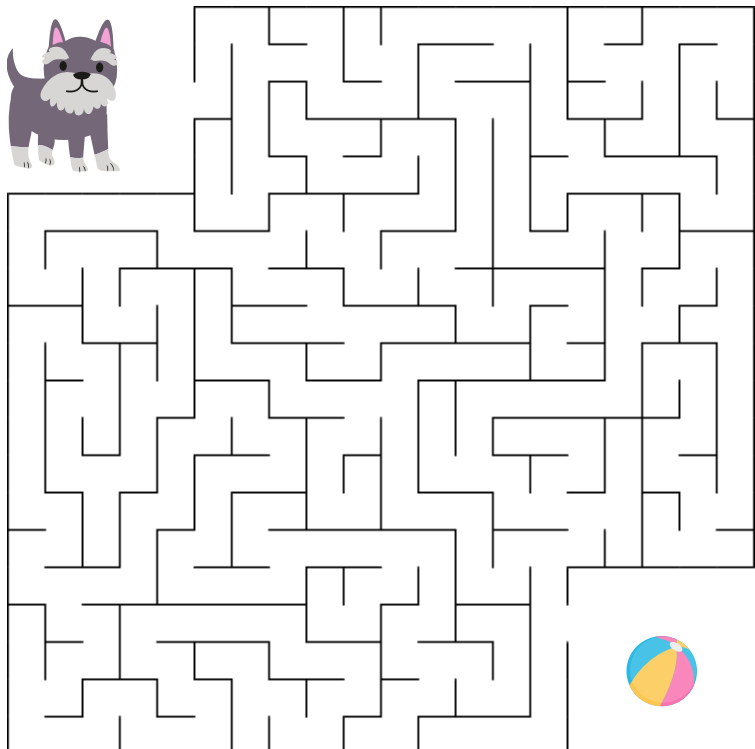
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CELEBRATIONS

SWEETS
 CAKE
 WINTER
 GINGERBREAD
 ICE
 COAT
 SLIDE
 DUVET
 CHILL
 SCARF
 SLIPPERY
 WET
 GUSTY
 SNOW
 CUDDLES
 FROST
 FOG
 COLD
 BOOTS
 SWEATER
 SHIVER
 PRESENTS
 CHRISTMAS



**HELP MAISIE
 THROUGH THE
 MAZE TO FIND
 HER BALL**



2021 TONGUE OUT TUESDAY

HERE ARE JUST SOME OF THE 2021 "TOT" WINNERS



DATES FOR YOUR DIARIES

February

Thursday 3rd – NEW! Four-week fun scentwork classes
Thursday 3rd – NEW! Four-week IMDT Grades Training Classes
Saturday 5th – 121 Agility sessions with Wendy
Friday 11th – Guest Trainer – Alan Bray
Saturday 12th – Workshops and special groups with Jo & Wendy
Friday 18th – Guest Trainer – Iain Patz
Saturday 19th – Winter Series Fun Agility Show #5
Sunday 20th – 121 Agility sessions with Jo
Sunday 27th – 121 Agility sessions with Jo

March

Thursday 3rd – NEW! Four-week fun scentwork classes
Thursday 3rd – NEW! Four-week IMDT Grades Training Classes
Thursday 10th – Sunday 13th Crufts!!!
Saturday 12th – 121 Agility sessions with Wendy
Friday 18th – Guest Trainer – Iain Patz
Saturday 19th – Winter Series Fun Agility Show #6 – the finale
Sunday 27th – Quarterly Team Paws Group Walk – location TBC
Sunday 20th – 121 Agility sessions with Jo

April

Friday 1st – Guest Trainer – Iain Patz
Saturday 2nd – Workshops and special groups with Jo & Wendy
Thursday 7th – NEW! Four-week fun scentwork classes
Thursday 7th – NEW! Four-week IMDT Grades Training Classes
Saturday 9th – 121 Agility sessions with Jo
Sunday 30th – 121 Agility sessions with Wendy

There's even more to come, so make sure you're on the 'VIPup' mailing list and be the first to know what's on offer!

GAME OF "CONES"

When we welcome a woofer into our home, our imaginations are filled with visions of countryside walks, beach adventures and forest explorations. We rarely take time out to think..."What if..."

Most of you will be planning to have your dog castrated/spayed...but what about an unexpected injury/surgery? What will you do when the time comes and your dog needs to be in a "Cone of Shame" (CoS)?

Have you introduced this stylish neckwear to your dog beforehand, or just when they're already feeling poorly? Things are then made a bit more stressful with the sudden appearance of a lampshade around their neck.

It's worth considering this as many woofers struggle with wearing the CoS during their recovery period.

So... I want you to spend some time changing their view of the "Cone of Shame" to the **CONE OF GAME!**

Cones and other post operative items are easily available to purchase from your local pet shop, vet and online and they come in a variety of different designs from plastic, to fabric, blow up doughnuts. Any post-operation item should be introduced to your dog before they even need them.



GAME OF "CONES"

When you have decided on the preferred item for your dog you can purchase one and let the games begin! Head to the next page for some ideas for you as anything that helps your dog build a fun and positive experience with an item is time well spent.

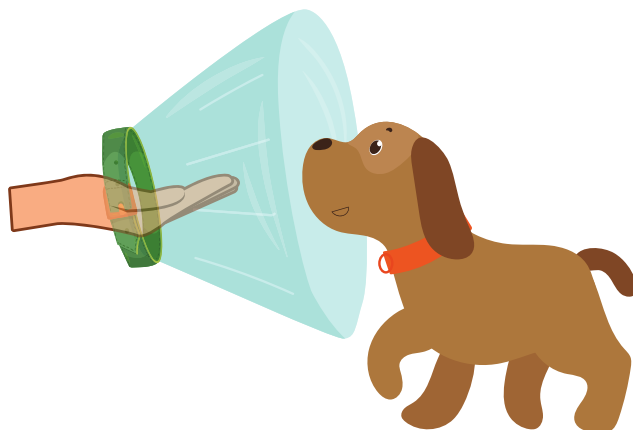
1) Explore the new thing – with the cone on the floor, throw treats around it, near it and by it. As your dog explores the strange item, reassure them with “Good pup”, “Clever” etc. and keep throwing yummys; you can even use their evening meal if you’re worried about your dog’s food intake.

2) Head in/Head out – Hold the cone in front of your dog with the smaller hole closest to your dog and your other hand inside the cone holding a yummy morsel to lure your dog to bring their nose towards the cone. As your dog investigates and puts their nose into the cone, give them the yummy treat. Build this up slowly so your dog eventually chooses to put their entire head into the cone.

TIP – Don’t have the cone on its tightest setting for your dog when training, have it set loosely until your dog is happy wearing the cone. (When their head is going in and out it won’t catch their ears and create a negative association thus ruining all your hard work!)

Once your dog has acclimatised to the cone, you can gradually make it a more secure and snug fit for them, this will also help make them happy to have the cone taken on and off.

Remember to go at your dogs pace and gradually increase the 3Ds – Distance, Distraction & Duration.



Because I can...

The great thing about writing my own little newsletter is I can share amazing things with you and there are two companies this quarter that have gone ABOVE AND BEYOND and I just have to share some information about them with you.

Huge thanks to **The Artful Dog** for capturing special pictures that say much more than a thousand words and to **Perihab** who without their care, support and expert advice Dexter would have needed a further operation following his TPLO surgery. You have gone over and above and I think everyone I know should know about the work that you do.



It's not easy photographing dogs but we have a method and it works every time! Every dog is different and our aim is to capture your dog's personality a true portrait of their character in our specialist studio it's what we do best and what we have now become famous for!



'PeRiHab' is an independent, family owned, Vet-led Peripatetic (Mobile) Canine Rehabilitation service, operating from Milford, Godalming, in the beautiful Surrey Hills.

We offer a bespoke, personalised, home-based service in the following fields:

- Veterinary Physiotherapy
- Canine Rehabilitation, eg after surgery and sports injuries (but not restricted to dogs only!)
- Pain management, both acute (short-term) and chronic (long-term)
- Osteo-arthritis treatment and management
- Western Veterinary Acupuncture
- Western Veterinary Herbal Medicine

Go on! Treat your pup!

Did you know that you can get some great discounts just because you have this magazine in your hand? So why not take advantage of a cheeky discount here and there!

Get **50% off** two boxes with our special code

TeamPaws50

butternutbox.com



Finer Nature

GET **10%** DOG TOYS WITH TUG-E-NUFF WITH CODE **TEAMPAWS**

GET **10%** OFF WITH HIK9 BEDS WITH CODE **TEAMPAWS**

GET **10%** OFF WITH K9 CONNECTABLES WITH CODE
TEAMPAWS10

GET **5%** OFF YUMMIES WITH FINER BY NATURE WITH CODE
TEAMPAWS

Testimonials

It can be daunting in a world of so much information, not knowing where to turn when you need some help. Don't take my word for it...here are some **TRUSTPILOT** reviews



Colleen
Stevenson

Top dog trainer

Jo has been working with us and our 6 month old border collie for a couple of months now. She has been a lifesaver and made (and continues to make) a massive positive difference. Our dog loves her, as do we, he is so excited when we see her (of course it isn't the treats!). Jo gives WAY above and beyond to her clients, we wouldn't be without her.



ALISON
ABBOTT

Great support from Jo

It has been fantastic working with Jo. She has really helped us to manage the situation with a new puppy and our existing 6 year old dog. With her training help, our puppy is progressing really well and the situation between the dogs has improved greatly already. Jo has been a great support to us and I cannot recommend her enough!



Jo Trott

A lovely warm,friendly trainer....

Jo is lovely and you can warm to her straight away. She is passionate about her job and dogs and its shows. I like the way she never makes you feel like you have failed if things are not going according to plan... I would definitely recommend her.



Katy Parrott

Jo is a kind and caring trainer

Jo is a kind and caring trainer, with lots of good ideas and she always puts the dog's best interests first.

I have been to trick training and agility classes taught by Jo, both my dogs and I have thoroughly enjoyed ourselves and I definitely recommend her.



Lana

Five star dog trainer ★★★★★

Jo is brilliant, Having not met her and only been to an online class of hers (which is free may I add 🥰) jo's energy is brilliant. She is funny and explains things in a really easy way to understand. An online class was actually fun and very friendly and I have learnt heaps already, but best of all I understand why I am doing what she asks. I can't wait to do more. I have also spoken with jo privately after the zoom class and she has been so willing to give me hints and tips to better my dog. I am so grateful I stumbled upon her online classes and a chance to ' meet' her . Jo clearly loves what she does and is passionate about dogs too. Thank you.

YOUR LOCAL EXPERT

"Committed to you and your dog"

How I can help you

When you realise that you need some help with your dog it can be a minefield of searching and suggestions.

I have over 20 years of experience with many breeds of dogs.

I specialise in young dogs and activities for dogs.

New classes start the first week of each month.

I regularly run events, workshops and more.

Visit my website for up to date information and get in touch if you cannot see what you're looking for.

jo@paws-itivity.co.uk

www.paws-itivity.co.uk

New Classes EVERY month!

