



Tripawds 101

One of the greatest responsibilities of having a Tripawd is understanding the best ways to keep your three-legged hero healthy for life. They count on you to make smart decisions about what to eat to stay fit, getting enough exercise to avoid injury and knowing when it's time to see your vet. Read on for lots of tips to help your tripod staying strong and injury-free.

Exercise & Fitness Tips

Repeat this 10 times: Longer Walks Won't Strengthen My Tripawd's Legs! The key to helping your Tripawd build strength and endurance is to work on activities that build strong core (abdominal muscles) and also keeping your tripawd's weight down!

- Take shorter more frequent walks. Start with just a few blocks at first.
- It's easier for Tripawds to hop along at a quicker pace than it is to walk slowly.
- Watch for signs of exertion and always allow plenty of time for recuperation and rest.
- Carry water with you, and something to drink from.
- Raise your tripawd's food and water bowls to make them easier to reach.
- Consider the Ruffwear Web Master to assist with stairs and getting up.
- Make or purchase a good bed with lots of support, such as an orthopedic bed. (Usually can be found at Costco)
- Place runners throughout homes with hardwood floors.
- Remember: dogs carry 60% of their weight on the front legs (especially important to consider when exercising front-legged Tripawds).
- Work on building strong core muscles to stay injury-free and build stamina.

If your dog is overweight, we urge you to work on slimming down to reduce extra weight on the remaining limbs. Visit the Tripawds Nutrition Blog and the Association for Pet Obesity Prevention Websites for more information.

www.tripawds.com is a very helpful Tripawd community that has many resources and much more information.

Also try Tripawd e-books [Three Legs and a Spare](#) and [Loving Life on Three Legs](#)