



This is an X-ray of a 2 week old puppy.

Look at how far the bones have to grow before they become a proper bony joint! This is why you should never let puppies jump, walk up/down stairs, over exercise or over train. Doing too much impact activity at a young age will cause serious issues later in life, or even at a young age as hip dysplasia and other orthopaedic conditions are rising in puppies!

Remember the puppy rule for every month increase activity by 5 minutes! For example an 8 week old puppy only needs 10 minutes physical activity a day - a 6 month old only needs 30 minutes a day of physical activity!!

*physical activity includes - going for a walk, training, playing fetch, running, playing with other dogs etc.

Enjoy your new puppy but remember you wouldn't make a 6 month old baby run a mile a day so don't make your puppy either!