

Puppy Bone Growth

These are X-rays of a 2-week old puppy.

When you get your 8-week-old puppies, please keep these images in mind. Their bones do not even touch yet. They plod around so cutely with big floppy paws and wobbly movement because their joints are entirely made up of muscle, tendons, ligaments with skin covering. Nothing is fitting tightly together or has a true socket yet.

When you run them excessively or don't restrict their exercise to stop them from overdoing it during this period you don't give them a chance to grow properly. Every big jump or excited bouncing run causes impacts between the bones. In reasonable amounts this is not problematic and is the normal wear and tear that every animal will engage in.

But when you let puppy jump up and down off the couch or bed, jump up when playing, take them for long walks/hikes, let them scramble on tile with no traction, over-exercise or over-train, damage is being caused to the forming joint.

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.

You only get the chance to grow them once. A well-built body is something that comes from BOTH excellent breeding and a great upbringing.

Once grown, around 18 months, you will have the rest of their life to spend playing and engaging in higher impact exercise. Puppies love to run & play, so as challenging as it may be, please try to keep it calm as part of their training while they're still little, and give them the chance to grow up healthy & strong!

