

IMPACT OF EXERCISE ON PUPPY GROWTH PLATES

The potential for damage during development is why you should never get your puppy started in any canine sports such as agility until your pup is at least a year to eighteen months old. This is one of the rules of the sport to protect the health and growth of your developing puppy.

Pups go through their largest, fastest period of physical growth and development between the ages of four and eight months. This is when growth plates are also working their hardest to harden off.

After around eight months of age, the growth plates should be fully or almost fully fused, depending on the breed of your dog. This period is the largest window of risk of damage.

Some giant dog breeds grow and develop at a much slower rate. It can take eighteen months to two years for growth to complete and the growth plates to have fully developed.

When exercising your puppy before they reach the age where the growth plates have fully developed, it is important to factor in their age and stage of development. Increase their exercise levels as they get older – gradually!

A good rule of thumb: for every month of the pup's age, they should receive five minutes of exercise, twice daily. So once your puppy is six months old, they should be getting half an hour of exercise, twice per day (not high-impact exercise).



CANINE GROWTH PLATE CLOSURE - AVERAGE TIME

