

Grow Young with Your Dog

Learn How You and Your Canine
Companion Can Feel Better at Any Age!

**#1 Amazon
Best Seller**



**INCLUDES
over 4 hours
of online
audio & video
instruction!**

Mary Debono, GCFP
Creator of *Debono Movessm*

Table of Contents

Praise for Mary Debono	ii
Acknowledgements	v
Introduction	1
An Important Note to the Reader	4
Chapter One: A Canine Mission Impossible?	6
A Poodle On a Mission.....	6
Guidelines for Doing the Exercises	11
Find a Comfortable, Quiet Spot to Do the Exercises....	11
There Is No “Correct” Way to Do the Movements	12
Take a Break Before Moving on to the Next Exercise .	12
Move with Mindfulness All Day	12
Let Comfort Be Your Guide	13
Small, Slow Movements Equal Big Improvements.....	13
Breathe Easily	13
Rest Frequently	14
Embrace Novelty	14
Use Your Imagination.....	14
Are You Really Comfortable?.....	15
Key Points of Chapter One.....	15
Chapter Two: A Healing Connection Helps an Older Dog Walk Again	17
Rocky Improves – And So Do I	17
Connected Breathing	22

The Healing Power of Connection	28
Human Exercise #1: Deeper Breath, Lighter Hands	29
Getting to Know Your Dog in a New Way	30
The Front Leg	31
The Shoulder Blade	31
The Ribs	33
The Sternum.....	33
The Spine	35
The Hind Leg	35
The Hip Joint	36
The Ischium	37
The Head.....	38
Human Exercise #2: Improve Your Walking by Lying Down	39
Key Points of Chapter Two	39
 Chapter Three: Improved Back Flexibility Got These Dogs Moving Again	41
Cassie Overcomes Spinal Arthritis.....	41
Mary Writes About Cassie.....	44
Recovering from a Chronic Muscle Injury.....	47
Human Exercise #3: Easier Sitting.....	49
Make It All About You and Your Dog.....	50
Back Lifts	51
Ribcage Rolls.....	56
Human Exercise #4: Lengthen Your Hamstrings Without Stretching.....	58
Key Points of Chapter 3	59
Chapter Four: Getting Rid of a Pain in the Neck	60

A Neck Injury Doesn't Stop this Canine Athlete	60
Learning for Life	66
Human Exercise #5: Stirring the Soup	67
Ribcage Circles.....	68
Shoulder and Ribcage Circles	74
Human Exercise #6: Turning Toward a Supple Spine	77
Key Points of Chapter Four	78
Chapter Five: What Do Torn Knee Ligaments, Arthritis, and Habits Have in Common?	80
Sonny Heals His Torn Knee Ligament.....	80
Jackson Stops Arthritis in Its Tracks	86
Scanning Your Dog's Body.....	91
Standing	92
Sitting.....	93
Lying Down	93
Human Exercise #7: Hip and Shoulder Circles	94
Hip and Shoulder Circles.....	94
When Good Habits Go Bad.....	98
Taking Off Your Pants Can Keep You Nimble.....	99
Think Yourself Younger.....	104
Key Points of Chapter Five	107
Chapter Six: From Hip Dysplasia to Agility	109
A Young Dog Overcomes Hip Dysplasia	109
Managing Hip Dysplasia in the Active Dog.....	117
How to Help an Anxious or Distracted Dog	118
Human Exercise #8: Making Time for Freer Hips	123

Human Exercise #9: Sitting on a Clock	123
Muscle Lifts	123
Shoulder Blade.....	126
Lower Leg.....	127
Hindquarters	128
Muscle Rolls	129
Key Points of Chapter Six	133
Chapter Seven: Enhancing the Life of the Older Dog.....	134
Geriatric Dog Learns How to Wag Her Tail Again	134
Hope for an Older Dog Who Could No Longer Stand....	136
Lumbar Lifts.....	143
Lumbar Circles	145
Add More Time to Your Life ... And More Life to Your Time.....	147
The Seven Suggestions.....	148
Exercise #10: Better Posture Effortlessly	150
Key Points of Chapter Seven.....	150
Chapter Eight: Human Exercises	152
Human Exercise #1: Deeper Breath, Lighter Hands	152
Human Exercise #2: Improve Your Walking by Lying Down	157
Human Exercise #3: Easier Sitting.....	165
Variations.....	172
Human Exercise #4: Lengthen Your Hamstrings Without Stretching.....	172
Variation	177
Human Exercise #5: Stirring the Soup	179

Variation	183
Human Exercise #6: Turning Toward a Supple Spine ...	184
Human Exercise #7: Hip and Shoulder Circles	191
Variations.....	201
Human Exercise #8: Making Time for Freer Hips	202
Human Exercise #9: Sitting on a Clock	206
Variations.....	211
Human Exercise #10: Better Posture Effortlessly	211
 Resources	 221
Educational Products and Classes	221
Free Newsletter.....	221
Workshops and Clinics.....	221
Private Sessions	221
Find a <i>Feldenkrais Method</i> ® Practitioner	222
Locate a Holistic Veterinarian.....	222
Dog Training	222
Meet the Dogs!	223
 About the Author.....	 224