

Perch Variety Prevents Perching Pain

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Be sure your selected perches correctly fit your bird – her toes should neither wrap completely around nor lie flat against any perch. Also, plan to change perch placement and/or selection periodically to keep her agile and entertained.

While on her perch, your pet bird sleeps, eats, plays, relaxes, and watches her world. Without adequate perch variety, however, perching can be anything but pleasant. Clutching a single style of perch 24/7 creates constant, unvarying muscle and skeletal pressure, which leads to pain, stiffness, and even arthritis.

Perch variety can eliminate

perching pain. Different sizes, shapes, and textures let your bird exercise all the muscles in her legs and feet as she constantly adjusts her grip. To evaluate her perch needs, observe her while she's both active and resting, and then provide two or more perches from these various styles.

Wood perches, including [Manzanita Perches](#) or [Dragonwood Perches](#) also offer chewing fun. The [Nature's Perch Maker](#) lets you create your own natural wood perches.

Natural-fiber perches, such as [Cotton Cable Perches](#) and [Natural Sisal Perches](#) feature tightly woven surfaces that invite picking and chewing.

Mineral perches, such as the [Manu Mineral Perch](#) offer tempting chewing texture and beneficial minerals.

Mixed-material perches maximize entertainment and perching benefits with a combination of materials. [Natural Rope Ladders](#) connect wooden rungs with cotton rope for climbing, perching, and chewing fun.

WE RECOMMEND



[Manzanita Perches](#)



[Manu Mineral Perches](#)



[Nature's Perch Maker](#)



[Cotton Cable Perches](#)



[Natural Sisal Perches](#)



[Natural Rope Ladders](#)