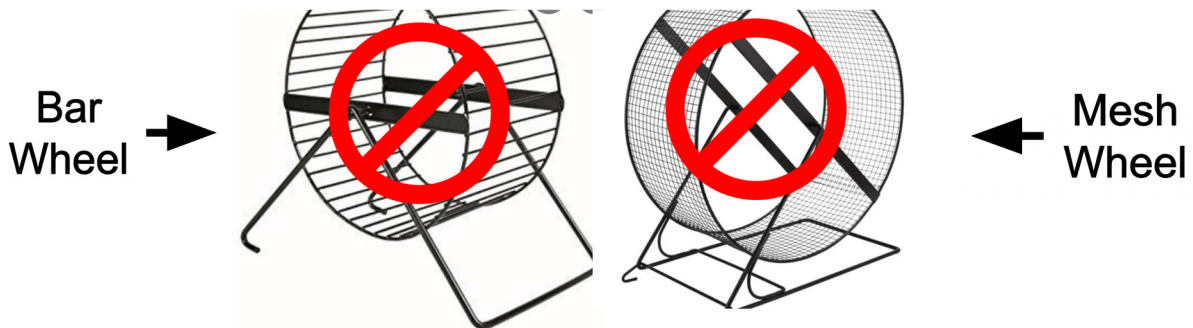




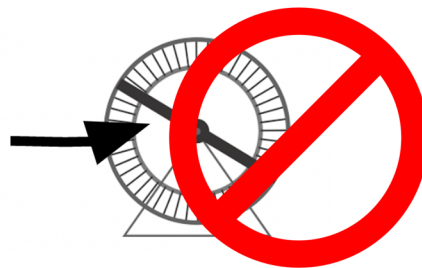
Having the right wheel is crucial to a hamster's well-being. Most pet store enclosures come with a 6.5-inch wheel which is **not** a suitable size for any hamster. When Syrian hamsters, or even dwarf hamsters attempt to run on a 6.5-inch wheel, their backs end up very curved which is very bad for them. Gretta's Hamster Rescue recommends at least an 8-inch wheel for both dwarf hamsters and Syrian hamsters and an 11- to 12-inch wheel for bigger Syrian hamsters.



Always avoid wire, mesh, or bar wheels when choosing the right hamster wheel. Mesh and wire wheels are very bad for a hamster's feet and can cause a disease known as bumblefoot where large blisters grow on the bottom of a hamster's feet. This is very painful for a hamster to walk or run around on. Bar wheels do not have a track of any kind and simply have metal rungs around the interior. When using a bar wheel it is very likely that a hamster could slip and end up hurting a limb or being pulled around the wheel which is very dangerous.



Another thing to avoid is having any sort of bar going across the wheel. Many hamster wheels have bars like this, but they are not safe. When a hamster is running very fast, they could slip and end up falling on the bar which would be a very dangerous situation for the hamster.





GHR also does not recommend saucer wheels. These wheels are usually much too small for a Syrian hamster to get good exercise and when dwarf hamsters use them, they are often flung off the wheel due to too much momentum.



Some safe wheels for hamsters include Niteangel running wheels, Exotic Nutrition Silent Runners, Kaytee Silent Spinners, and Exotic Nutrition Wodent Wheels. It is important to keep in mind that all of these wheels come in different sizes, and it is important to make sure that you are choosing the right size for your hamster. Most Niteangel wheels are at least 8 inches, but it is important to double check anyway. Exotic Nutrition Silent Runners come in 9 inches, 12 inches, and wide 12 inches. Gretta's Hamster Rescue recommends the 12 inches wheel as it is the most suitable for a hamster. Kaytee Silent Spinners are only safe to use in their large or giant size. The Silent Spinners come in mini, regular, large, and giant sizes. The mini is 4.5 inches and is not suitable for any type of hamster. The regular is 6.5 inches which, again, is not suitable for any type of hamster. The large wheel is 10 inches, and the giant is 12 inches making them both suitable for Syrian and dwarf hamsters. The Exotic Nutrition Wodent Wheels are sold in 8 inches, 11 inches, and 12 inches. Gretta's Hamster Rescue recommends the 11 or 12-inch wodent wheel, however, the 8-inch wheel also works if you cannot find anything bigger.

Niteangel Running Wheel



Exotic Nutrition Silent Runner



Kaytee Silent Spinner



Exotic Nutrition Wodent Wheel



All hamsters from GHR come with properly sized, safe, and fairly quiet wheels in their enclosures. However, if for some reason you must replace the wheel in your hamster's enclosure, be sure that you are choosing a properly sized wheel with a safe and healthy running track.