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Proprioceptive (Balancing) and Weight Shift Training

These maneuvers are designed to improve range of motion, proprioception, balance, coordination and to improve limb strength.

Walking/Standing on Cushions- (Figure 29 and Video 19) Remove a large furniture cushion and place it on the floor. Have the dog stand on the cushion while you gently push the dog back and forth requiring the dog to maintain balance. This should be gentle enough so the dog does not lose balance or fall. Begin for 1-2 minutes, twice daily. The duration and number of sessions can be increased as the dog gains strength and improves balance.

INSTRUCTIONS:

REPEAT _____ TIMES, _____ TIMES DAILY



Taken with permission from: A Manual of Basic Therapeutic Exercise for the Dog. Dennis Caywood DVM, MS, DACVS, CCRT.