

## Strengthening Exercises – Hind Limb

These maneuvers are used to improve core and limb strength, and are often begun at a later phase in the rehabilitation program in conjunction with proprioceptive, weight bearing and range of motion exercises.

### ***Dancing-*** (Figure 40 and Video 30)

This maneuver improves rear leg weight bearing and strength. Lift the dog's front legs and walk the dog forward and backward keeping the dog's spine in a neutral position. Walk the dog for 10-60 seconds, 2-3 times daily. The duration and number of sessions are increased as the dog gains strength. This is a moderately difficult exercise that requires a reasonable degree of weight bearing, strength and balance. If the patient is unable to perform this exercise, begin with the pet standing and holding the position for 10-15 seconds.

### **INSTRUCTIONS:**

**REPEAT \_\_\_\_\_ TIMES,  
\_\_\_\_\_ TIMES DAILY**



Figure 40