

Julie Letosky DVM, CCRP • Kimberly Huppe DVM, CCRP, CVA

## 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.

**Sit to Stand** - (Figure 42 and 43 and Video 32) This maneuver improves rear leg strength and range of motion. With the dog sitting, use a treat to entice the dog to slowly stand and then to sit back down. Repeat the exercise 3-10 times, 2-3 times daily, increasing the number of repetitions as the dog gains strength. This is a moderately difficult exercise that requires a reasonable degree of weight bearing, strength and 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.