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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.

Slalom Course (Figures 33 Video 23) Walk the dog through a slalom course of 3-5 cones or obstacles such that the space between each obstacle delineates a distance of 1-2 times the body length of the dog. Begin by repeating the maneuver 1-5 times, once to twice daily. The number of maneuvers and the number of sessions can be increased as the dog gains strength and improves balance.

INSTRUCTIONS:

REPEAT _____ TIMES, _____ TIMES DAILY



Figure 33

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