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## Strengthening Exercises – Hind Limb

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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.

**Stairs-** (Figure 46 and 47 and Video 35) This maneuver improves weight bearing, range of motion and leg strength. Rear limbs are more stressed while going up stairs and the front limbs are more stressed while going down stairs. Choose stairs that are wide and closed. Begin by walking the dog up or down no more than 6-8 stairs, increasing the number of stairs as the dog gains strength. This exercise is repeated 1-2 times, 1-2 times daily. This is a moderately difficult exercise that requires a reasonable degree of weight bearing, strength and balance.

### INSTRUCTIONS:

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



Figure 46



Figure 47

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