

## 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.

### ***Backward Walking-*** (Figure 44 and Video 33)

This maneuver improves rear leg strength and proprioception. Using a treat or toy, walk towards the dog's head, forcing it to take one or more steps backward. Praise the dog and increase the number of the steps as the dog learns the maneuver. Depending on the size of the dog, start with asking it to walk backwards for a 6-10 feet distance, repeat 3-5 times, 2-3times a day. Increase the number of repetitions as the dog gains strength.

#### **INSTRUCTIONS:**

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



Figure 44