

Proprioceptive (Balancing) and Weight Shift Training

These maneuvers are designed to improve range of motion, proprioception, balance, coordination and to improve limb strength.

Balance Board- (*Figure 30 and Video 20*) Create an unstable surface by placing a flat board over a firm pillow, plastic bottle or ball. Have the dog stand and balance on the board. This may require an additional person to assist in stabilizing the dog. The front or rear limbs may be placed on the board while the other limbs are on a stable surface. Repeat 1-5 times for 30-60 seconds, once to twice daily. The duration and number of sessions can be increased as the dog gains strength and improves balance.

INSTRUCTIONS:

REPEAT _____ TIMES, _____ TIMES DAILY



Figure 30

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