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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.

**Circles-** (*Figures 32 and Videos 22*) Walk the dog in a circle (cones or obstacles can be used to outline your course). Start with 10-15' diameter circles and progress toward 3-5' diameter circles depending on the size of the dog. Smaller dogs can do smaller circles and larger dog can do larger circles. Begin with repeating circles 1-5 times, once to twice daily. The number of circles and the number of sessions can be increased as the dog gains strength and improves balance.

### INSTRUCTIONS:

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



Figure 32

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