

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.