

Strengthening Exercises – Hind Limb

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.

Uphill Walking- (Figure 45 and Video 34) This maneuver improves spinal extension, rear limb strength and weight bearing. The dog is leash walked up a moderate to steep hill (depending on the dog's strength and conditioning) of at least 25 yards (meters) in length. Repeat 2-5 times, 2-3 times daily. The duration times and number of sessions can be increased as the dog gains strength and improves weight bearing and balance. This is a moderately difficult exercise that requires a reasonable degree of weight bearing, strength and balance.

INSTRUCTIONS:

REPEAT _____ TIMES, _____ TIMES DAILY



Figure 45