



3 Legged Stand

Three legged stands lifting thoracic limbs

Goal: *1. Improve weight bearing on opposite thoracic and pelvic limb*

Equipment: *none*

Owner: *Owner can be sitting or kneeling.*

Tips: *Start with dog in square stance.*

- 1. Lift one thoracic limb by lightly holding forearm. Limb only has to be lifted enough to clear the ground.*
- 2. Goal is to maintain stability, especially in opposite pelvic limb, with minimal movement of the dog.*
- 3. Aim to hold for 5 seconds, working up to 30 seconds.*
- 4. Repeat 3 times each limb.*

Three legged stands lifting pelvic limbs

Goal: *1. Improve weight bearing on opposite pelvic and thoracic limbs*

Equipment: *none*

Owner: *Owner can be sitting or kneeling.*

Tips: *Start with dog in square stance.*

- 1. Lift one pelvic limb by lightly holding lower leg.. Limb only has to be lifted enough to clear the ground.*
- 2. Goal is to maintain stability, especially in opposite pelvic limb, with minimal movement of the dog.*
- 3. Aim to hold for 5 seconds, working up to 30 seconds.*
- 4. Repeat 3 times each limb.*

Sit to stand

Goal: 1. Achieve square position for full flexion of hip, stifle, tarsus 2. Pelvic limb strengthening

Equipment: none

Owner positioning: standing or sitting facing dog without leaning over.

Tips: Use food lure or verbal command

1. Ask dog to move from stand to sit in a slow controlled manner. Reward for correct positioning
2. Then ask dog to move from sit to stand with minimal movement of thoracic limbs. He should be able to push through his pelvic limbs to return to stand. Repeat 5 times.
3. If this is too difficult, can try having dog sit on elevated surface such as cushion or facing downhill
4. If sit is not quite square, can perform quick sit to stand in which owner will cue dog to stand as soon as it reaches the sit position, then walk 2-3 feet sit again. Reward only for square sits. Repeat sequence 3-5 times.
5. For more challenge, can have dog sit facing uphill

Stand to down

Goal: 1. Achieve square position for full flexion of hip, stifle, tarsus 2. Pelvic limb strengthening

Equipment: none

Owner positioning: standing, sitting or kneeling facing dog without leaning over

Tips: Use food lure or verbal command

1. Ask dog to move from stand to down. Use a lure to push dog's nose back and down.
2. If this does not work, then move from sit to down.
3. Then ask dog to move from down to stand without taking any steps. He should be able to push through his pelvic limbs to return to stand. Repeat 5 times.
4. If this is too difficult, can try having dog facing downhill.
5. For more challenge, can have dog perform facing uphill.

Cervical and spinal elongation on the ground

Goal: 1. Self traction 2. Moving spine to neutral position

Equipment: none

Owner: facing dog without leaning over. Owner can be sitting or half kneeling.

Tips: Use food lure to have dog elongate spine to achieve flat topline. Start with dog in square stance.

1. Gently pull lure forward to ask dog to reach forward without taking any steps. This may not be a very large motion.
2. Can also be done in sitting or down (without limb movement)
3. Perform for 10-20 seconds, several times throughout the day.

Standing on unstable surfaces with all 4 limbs

Goal: 1. Improve core stability 2. Improve shoulder and hip muscle recruitment

Equipment: firm cushions, air mattress, couch or bed

Owner: Owner close to dog. Stand, sitting or kneeling based on surface and without leaning over dog.

Tips: Start with dog in square stance.

Variations:

1. Weight shifting
2. Nose to ribs/hips
3. Three legged stands
4. Crossed leg stands