

How can you enhance your puppy's rear end awareness?

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Young dogs, especially young large or giant breed dogs often lack body awareness. This can be true for the whole body, but it is especially true for the rear end! This document is intended to provide some simple ways to help you help your puppy to discover and make friends with his or her back end!

Tips for Success: Don't forget to make the exercises fun! Be sure to incorporate treats, and give the puppy lots of praise with each activity.

- 1) Backing up. You can train this any way you like. However, I like to walk a dog forwards through a narrow passage way, and then stop and ask them to back up in order to get back out.



- 2) Obstacles to step over (slowly). Lure the puppy to walk over various low-lying objects in the house or in the yard.



- 3) Weaving – figure of 8’s. Place two objects on the floor, about a body length (your puppy’s body length) apart, and lure him or her to weave around the objects.



- 4) Walk the plank. Use a wide plank of wood, or a step bench, elevated just slightly off the ground, and lure the puppy to walk across it.



- 5) Balance exercises. Lift one leg at a time, especially a front leg, and hold it as your puppy balances. Wiggle it if he/she has good balance. Try this exercise on an uneven surface as an advanced challenge (i.e. cushions, the sofa, the bed, etc.)



- 6) WALKING on different terrain – i.e. hills, wooded areas, tall grass, deep snow, shallow water, sand, river rock, gravel, cushions, foam, thick blankets, etc.



- 7) Walking with a bandage on the rear end for body awareness. Using a tensor bandage / Ace bandage, loop around the puppy's abdomen, and rear legs – any way you can, but loosely. Then go for a short walk with the bandage on.



- 8) Rub or Tap the rear legs. Just as it sounds... so as to provide sensory stimulation.

