

Notes :

1 Cookies at the hip

Reps: 5-10 Freq: 1-2 x /day

In standing, lure your dog to take a treat beside its hip. Go to both directions.



2 Cookies under the chest

Reps: 5-10 Freq: 1-2 x /day

In standing or sitting, lure your dog to take a treat from under its chest.



3 Cookies at the back toes

Reps: 5-1- Freq: 1-2 x /day

In standing, lure your dog to take a treat down beside a rear foot. Go to one side or both sides.



4 Sit to stands

Reps: 5-10 Freq: 1-2 x /day Tempo: slow
Ask your dog to sit, and then to stand.



5 Pelvic Tilt in sternal

Reps: 5-10 Freq: 1-2 x/day

Encourage your dog to lie (squarely), and then reach forwards for a treat but keep his/her feet in place. You want to see your dog's back flatten as he/she reaches forward for the cookie. Then move the cookie towards the dog to reposition and start the exercise.



6 Pelvic Tilt in sitting

Reps: 5-10 Freq: 1-2 x /day

From a sitting position, start with your dog rocked back and a little flexed in the low back. Then offer a cookie above your dogs head so that your dog flattens out his/her spine. Then move it down and towards the chest so that your dog rocks back and rounds his/her back again. Repeat into the upwards and flat back position.



7 Standing three leg balance - front limb stable surface

Reps: 5 Freq: 1-2 x /day Hold: 10 sec

Start with your dog standing squarely on all four legs. Slowly lift one front leg off the ground. Hold, replace, & repeat. (Do this for both front legs - one at a time.)



8 Three leg standing on stable surface

Reps: 5 Freq: 1-2 x /day Hold: 10 sec

Start with your dog standing squarely on all four legs. Slowly lift one rear leg off the ground. Hold, replace, & repeat. (Do this for both hind legs - one at a time.)



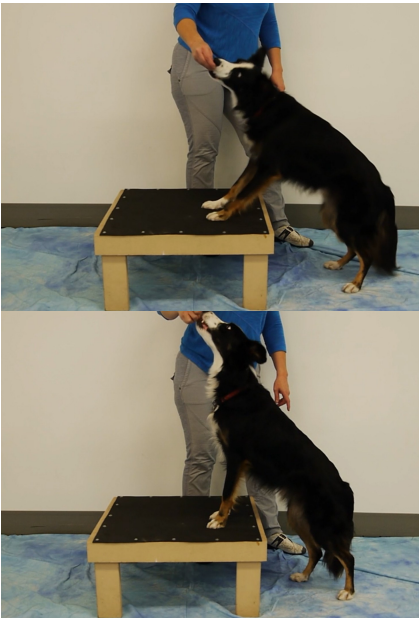
9 Diagonal leg standing



Reps: 5 Freq: 1-2 x /day Hold: 5 sec

Start with your dog standing squarely on all four legs. Slowly lift one front leg off the ground, allow your dog to balance. Then lift the opposite rear leg off the ground. Balance for 5 seconds. Replace & repeat.

10 Front feet up hip extension stretch



Reps: 5 Freq: 1-2 x /day Hold: 10-20sec

Place or encourage your dog to place its two front feet up on a platform, stool, stair or step. Have the dog to reach slightly forward and up for a treat to stretch out the back legs. Hold the position 10 - 20 seconds.

11 Mini Push Ups



Reps: 5 Freq: 1-2 x /day

Place your dog's front feet up on a small raised surface. Encourage him/her to bend down to take a treat at the floor.

12 Push Ups - rear feet up



Reps: 5 Freq: 1-2 /day

With the rear feet elevated on a small platform or step, encourage your dog to take a treat down at the floor between his/her front feet.