

Baited Neck Stretches/Mobilisations

This exercise helps to stretch the neck and paraspinal muscles that may have become tight due to injury or compensatory alterations in posture. It can also be used to help mobilise the spinal column.

1. A treat or something to keep your dog's attention is needed. (often some paste on a kong or stick is best as the dog will not lunge for the treat)
2. Standing behind your dog to prevent them stepping back, gently guide their head around to one shoulder using the treat.
3. You can then slowly guide the treat along towards the hip to create a deeper stretch (only to be done if the dog is coping well with a stretch to the shoulder)
4. Repeat on the other side.
5. Still standing behind your dog, you can then ask them to stretch their head down between their legs. Begin at chest height and as the dog progresses you can advance this to drawing the treat further between the legs.

Please note, only advance each stretch on the instruction of your therapist as these stretches are difficult and require strong core strength as well as flexibility from your dog.



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