

Poles

This exercise is used to target an increase in joint range of motion as well as an increase in proprioception and conscious control of movement in a correct gait pattern.

1. You can use any objects resembling poles e.g old piping/garden canes
2. Set them up firstly lying on the floor with the length of your dog's body between each pole (you can shorten the distance in time to advance the exercise)
3. Use an even, non-slip surface
4. Lead your dog over the poles in a slow controlled walk. The aim is to lift each leg individually without jumping.
5. Go back and forth over the poles a couple of times and make sure you finish on a good repetition.

If your dog is trying to run/jump through the exercise and is getting too excited ask your therapist to recommend a different exercise. In some cases we can raise the poles or shorten the distances if the dog isn't concentrating because it is too easy for them. Other variations include approaching poles on an angle or using a different pattern i.e. circle/zigzag rather than a straight line.



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