

Weight Shifting

This exercise is used to encourage correct weight bearing by targeting an engagement of the stabilising muscles within the affected limb(s)

1. Make sure your dog is standing as square as possible (all four limbs in correct alignment with each other)

Shifting onto Hindlimbs	Shifting onto one Forelimb	Shifting onto one Hindlimb
Sitting behind your dog, reach around to their front and gently push on the sternum (chest bone) and rock your dog back onto their hindlimbs towards you.	Sit on the side of the limb you are targeting. Then reach over to the opposite shoulder and gently push, rocking them towards you.	Sit on the side of the limb you are targeting. Then reach over to the opposite thigh and gently push, rocking them towards you.

2. By placing yourself on the side of your dog that you are targeting you can offer support should the dog need it. But please note the objective is never to knock the dog off balance, it is purely to activate neuromuscular junctions within the targeted area.
3. This exercise is low impact so can be carried out a few times a day with up to ten repetitions. But be guided by your therapist and your dog's reaction – always set them up to succeed so start with very few repetitions
4. If your dog moves away try carrying out the exercise whilst they are eating or use a second handler to hold/distract them at the front.

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