

CANINE REHAB PRODUCTS™ AGREEMENT

This is a legal agreement with you (either as an individual or as a canine rehabilitation entity), the purchaser and Canine Rehab Products. If you do not agree to the terms of this Agreement, promptly return this Balance Equipment Exercises: Therapy Ball, BOSU®, and Discs Card Kit with all contents therein for a full refund.

- 1. Grant to Use:** This agreement with Canine Rehab Products allows you, the purchaser to photocopy and reproduce the materials included in the Kit when such reproduction is *solely* for the purpose of teaching, treatment or rehabilitation of dogs within your facility. Reproduction of Kit materials in advertising or in other publications is NOT permitted. Scanning and storing the Kit materials into electronic storage is NOT permitted. No other commercial or non-commercial use of the Kit is permitted. This Agreement does NOT extend to any other party.
- 2. Copyright©:** All written and photographed materials included in the Kit are protected by the United States copyright laws. The copyright is owned exclusively by Canine Rehab Products. Therefore, *any* copying, except as described in this Agreement is NOT permitted.
- 3. Other Restrictions:** This agreement is proof to exercise the rights granted herein and must be maintained by you. You may NOT rent or lease the Kit or any portion of the Kit.

DISCLAIMER and COPYRIGHT INFORMATION

These exercise cards are not meant to replace proper diagnosis and treatment from a qualified veterinarian but are intended to compliment proper veterinary care. Exercises should never be initiated without the full knowledge of a licensed veterinarian.

Therapists and caregivers need to be fully aware that rehabilitation is an evolving field and scientific evidence to measure effectiveness of any of these exercises is limited. In addition, rehabilitation exercises may not accomplish the desired objective and in fact, certain conditions may be exacerbated or worsened by use of some exercises.

All exercises are used at the therapist and caregivers own risk. The authors assume no liability for the use of these exercises or any of the equipment.

The exercise cards are fully copyrighted and are intended exclusively for direct client use. Making multiple copies of these exercises for distribution, in print or website use, without the exclusive written permission of the authors, is unethical and illegal and full prosecution will be enforced.

For permission to copy the exercises, outside the aforementioned parameters, email the authors at either **fittercritters@aol.com** or **rehab4pawslc@aol.com**.

INTRODUCTION

The following exercises are **NOT** intended to be a “cookbook” for canine rehabilitation. In addition, there may be many other exercises that are appropriate to achieve the same goals! Be creative and open minded . . . remember that clients may also have excellent exercise suggestions. Most importantly, all exercises **need to be individualized for the dog AND the caregiver.**

These exercise cards are not intended to replace properly demonstrated instruction. Furthermore, proper use of home rehabilitation exercises requires team collaboration and an accurate veterinary medical/surgical diagnosis is essential.

Finally, enjoyment and having fun is crucial to assumed compliance for both the dog and the caregiver.

Jody and Sandy

BOSU®

1. BOSU Step On
2. BOSU Step Off
3. Stand On BOSU
4. Stand On BOSU Weight Shifts
5. Stand on BOSU Perturbations
6. Sit On BOSU
7. BOSU Push Ups
8. BOSU Step On/Off Inverted
9. Stand on BOSU Inverted
10. Sit on BOSU Inverted

DISCS

11. Disc Standing
12. Disc Standing Weight Shifts
13. Disc Step Offs
14. Double Disc Standing

THERAPY BALLS

15. Advantages of Therapy Ball Exercises/ Rehabilitation
16. Advantages of Therapy Ball Exercise in Performance Dogs
17. Therapy Ball Selection Shape
18. Therapy Ball Selection Size
19. Therapy Ball Use Suggestions for Beginners
20. Introducing your dog to the ball
21. Sphinx Lie Position
22. Sphinx Lie with Cookies Up and Down
23. Sphinx Lie with Cookies to Shoulder
24. Sphinx Lie with Cookies to Ribs
25. Sitting
26. Sitting On Ball With Cookies
27. Down To Sit
28. Standing
29. Standing to Sit
30. Stand To Down
31. Three Leg Standing

32. Cross Leg Standing On Ball
33. Push-Ups
34. Side Lie
35. Side Sit-Up
36. Jump Onto Ball
37. Carpus Extension
38. Elbow Flexion
39. Shoulder Flexion
40. Shoulder Extension/Sitting
41. Shoulder Extension/Standing
42. Pendulum Swing
43. Front Leg Standing
44. Side Step Front Leg
45. Braiding
46. Stifle/Hock Flexion
47. Hip Extension
48. Hip Abduction
49. Rear Leg Standing
50. Backward Stepping
51. Side Step Rear Leg

1. BOSU Step On

(balance/proprioception/strength)

Place a BOSU on the floor and using a treat, lure the dog to step up onto the BOSU with front legs.

Repeat _____ times,

_____ times a day.



2. BOSU Step Off

(balance/proprioception/strength)

Place a BOSU on the floor and using a treat, lure the dog to step up onto the BOSU and step off with front legs.

Repeat _____ times,

_____ times a day.



3. Stand on BOSU

(balance/proprioception)

Place a BOSU on the floor and lure dog using a tasty treat so that all four legs are standing on the BOSU.

Repeat _____ times

or for _____ sec/min,

_____ times a day



4. Stand on BOSU Weight Shifts

(balance/proprioception/weight bearing)

With dog standing on BOSU, use a treat and move it in various directions so that dog weight shifts while on the BOSU, but do not lure off the BOSU.

Repeat _____ times,
_____ times a day.



5. Stand on BOSU Perturbations

(balance/proprioception/weight bearing)

With dog standing still on the BOSU, tap the BOSU to create a perturbation and challenge the dogs balance. Start slowly/mildly and progress as dog is able to keep balance, do not rock off of BOSU.

Repeat _____ times

or for _____ sec/min,

_____ times a day.



6. Sit on BOSU

(balance/proprioception/strengthening)

Place the BOSU flat on the floor and use a treat to lure the dog up onto the BOSU. Have the dog sit on the BOSU, give treat. Lure to standing then repeat the sit.

Repeat ____ times,

____ times a day.



7. BOSU Push Ups

(strength/balance/proprioception)

Using a treat, lure dog up onto BOSU with front paws and bring treat down to BOSU so that the dog does a push up.

Repeat _____ times,

_____ times a day.



8. BOSU Step On/Off Inverted

(balance/proprioception/strength)

Place a BOSU on the floor with the flat side up and using a treat, lure the dog to step up onto the BOSU and then step off.

Repeat _____ times,

_____ times a day.



9. Stand on BOSU Inverted

(balance/proprioception/weight bearing)

Invert a BOSU so that the flat part is on top and lure the dog using a treat to stand on the BOSU.

Bring the treat towards:

- ceiling floor
- right shoulder
- left shoulder
- right ribs left ribs

Repeat _____ times,

_____ times a day.



10. Sit on BOSU Inverted

(balance/proprioception)

Invert a BOSU so that the flat part is on top and lure the dog using a treat up onto the inverted BOSU. Using that treat, have the dog sit on the top of the BOSU. Progress to sit to stand while on the BOSU.

Repeat _____ times,
_____ times a day.



11. Disc Standing

(balance/strengthening/proprioception)

Using a treat, lure dog to stand with either front or rear legs on an inflatable exercise disc.

Stand on the disc for

_____ sec/min or

_____ reps

of luring with treat.



12. Disc Standing Weight Shifts

(balance/proprioception/weight bearing/strength)

Using a treat, lure dog to stand with front legs up onto a disc and move the treat in various positions to make the dog weight shift from side to side or use the treat and lower between legs so that the dog follows the treat and completes a push up on the disc.



Repeat _____ times,

_____ times a day.

13. Disc Step Offs

(weight bearing/balance/proprioception)

Using a treat, lure the dog onto the disc then to step off the disc with the front legs, keeping the rear legs on the disc.

Repeat _____ times,

_____ times a day.

Progress to using the treat to weight shift by bringing it toward

the dog's _____.



14. Double Disc Standing

(balance/proprioception)

Place two discs on the floor and use a treat to lure the dog onto both discs.

Stand for ____ sec

or repeat ____ times,

____ times a day.



15. Advantages of Therapy Ball Exercises/Rehabilitation

- ____ Increase core/trunk strength
- ____ Increase weight bearing to a specific limb(s)
- ____ Increase balance, coordination, and body control
- ____ Increase proprioception/sensation
- ____ Elongate muscles and improve range of motion

16. Advantages of Therapy Ball Exercise in Performance Dogs

_____ Improve turning speed

_____ Improve jumping effectiveness; decrease knocked bars

_____ Increase core/trunk strength

_____ Improve balance and body awareness for higher quality movement

_____ Improve confidence

_____ Decrease injury potential

17. Therapy Ball Selection – Shape

There are three types of therapy balls: round, egg shaped, and peanut shaped.

The best type for your dog would be _____.

Make sure the therapy ball is _____ in length and _____ cm in size.

18. Therapy Ball Selection – Size

_____ To increase weight bearing, the inflated ball should measure just below the shoulder blades.

_____ To increase core and trunk strength, the therapy ball should measure just above the shoulder blades.

Make sure the therapy ball for your dog is _____cm in size.

19. Therapy Ball Use – Suggestions for Beginners

- Keep your dog on a leash
- Give the dog lots of special treats to make it a positive experience
- Remain patient
- Work positively, gently, and confidently
- Watch your body mechanics to avoid injury for yourself
- Advance the exercises slowly only as dog becomes more confident
- Gently body hug the dog if there are signs of anxiety or distress

20. Therapy Ball – Introducing your dog to the ball

(core strength)

Start by placing only the front legs on the ball. Give lots of treats. Gently bounce up and down for about 1 minute. Rest.

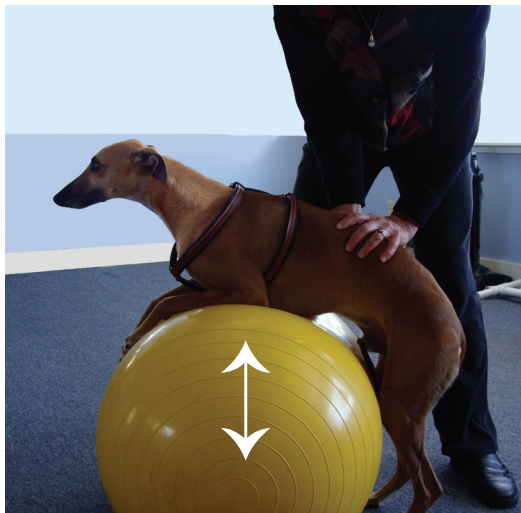
Repeat _____ times,

_____ times a day.

Work up to

_____ reps/minutes,

_____ times a day.



21. Therapy Ball – Sphinx Lie Position

(core strength)

Place dog into a sphinx lie position on the ball.

Rock ball:

BACK/FORWARD

SIDE/SIDE

while in sphinx lie

position for _____

minutes or _____ repetitions.

Repeat _____ times a day.



22. Therapy Ball – Sphinx Lie with Cookies Up and Down

(core strength/spinal range of motion)

Place dog into a sphinx lie position on ball. Use a cookie and move cookie:

UP

DOWN

Repeat _____ times,

_____ times a day/week.



23. Therapy Ball – Sphinx Lie with Cookies to Shoulder

(core strength/spinal range of motion)

Place dog into a sphinx lie position on ball. Use a cookie and move cookie to:

RIGHT SHOULDER

LEFT SHOULDER

Repeat _____ times,

_____ times a day/week.



24. Therapy Ball – Sphinx Lie with Cookies to Ribs

(core strength/spinal range of motion)

Place dog into a sphinx lie position on ball. Use a cookie and move cookie to:

RIGHT RIBS

LEFT RIBS

Repeat ____ times,

_____ times a day/week.



25. Therapy Ball – Sitting

(core strength/limb strength/balance)

Using a treat, lure dog from sphinx lie into sitting on ball. Give treat.

Allow to sit _____sec/min.

Return to sphinx lie. Rest.

Repeat_____times with sitting

goal of _____minutes/reps,

_____times a day/week.



26. Therapy Ball – Sitting On Ball With Cookies

(weight bearing/strengthening)

Have the dog sitting on the ball. Using a treat, lure the dog to weight shift by bringing the treat:

- Up to the ceiling
- Down to the floor
- Over toward its left shoulder
- Over toward its right shoulder

Repeat _____times,
_____times a day.



27. Therapy Ball – Down To Sit

(advanced strengthening/balance)

With the dog sphinx lying on the ball, raise a treat up to lure dog into a sit.

Repeat _____ times,

_____ times a day.



28. Therapy Ball – Standing

(core strength/balance/weight bearing)

Using a treat, lure dog from a sit to a stand or from sphinx lie to a stand.

Allow to stand for ____ sec/min.

Rest.

Standing goal is ____ minutes/reps,

____ times a day/week.



29. Therapy Ball – Standing to Sit (strengthening/balance)

Using a treat with dog in standing, lure into a sitting position.

Allow to sit for ____ sec/min.

Repeat ____ times,

____ times a day/week.



30. Therapy Ball – Stand To Down

(advanced strengthening/balance)

With the dog standing on the ball, lure with a treat between front legs to get dog to lie down slowly.

Repeat _____ times,
_____ times a day.



31. Therapy Ball – Three Leg Standing

(core strength/weight bearing/limb strength)

With the dog in standing on ball,
lift the:

- LEFT FRONT LEG
- RIGHT FRONT LEG
- LEFT REAR LEG
- RIGHT REAR LEG

Make sure the dog is not pushing down
too much into your hand. Use your other
hand to support under the dog.

Hold _____seconds.

Repeat _____times, _____times a day.



32. Therapy Ball – Cross Leg Standing On Ball

(advanced strengthening/balance)

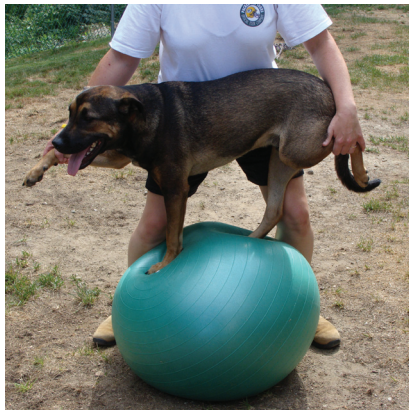
With the dog standing lengthwise on an egg/peanut therapy ball, carefully lift one front leg and its diagonal opposite rear leg.

Hold _____seconds.

Place back on ball and repeat with other diagonal legs.

Repeat _____times,

_____times a day.



33. Therapy Ball – Push-Ups

(front limb strengthening/balance/weight bearing)

With dog standing on a therapy ball or peanut shaped ball, move a treat slowly down between the dog's front legs so he follows the treat. Then bring the treat back up to return to standing and reward. This motion simulates a push-up while on the ball. Then bring the treat back up to snout level and reward.



Complete _____

push ups, _____ times a day.

34. Therapy Ball – Side Lie

(core strengthening/trunk side flexion)

With dog in sphinx position use a treat to lure onto side. May need to body hug to build confidence. Allow dog to stretch head downwards for trunk range of motion. Stay in this stretch position for

_____seconds.

Repeat _____times,

_____times a day.



35. Therapy Ball – Side Sit-Up

(advanced core strengthening/balance)

With the dog side lying on the ball, use a treat to lure the dogs nose up toward ceiling so that the upper body lifts up off ball slightly. Repeat and try to lure toward ceiling and toward hip of dog so that the lift is higher.

Repeat _____ times,
_____ times a day.



36. Therapy Ball – Jump Onto Ball

(advanced strengthening)

Place the egg shaped or peanut shaped therapy ball lengthwise against a stable object. Encourage the dog to jump up onto the ball.

Repeat _____ times,

_____ times a day.



37. Therapy Ball – Carpus Extension

(improve range of motion/weight bearing)

Place dog so that the dog's chest is over the front of the ball and the abdomen is on the ball. Front legs and paw pads are on the floor. Rock gently forward with as much weight as possible.

Hold stretch ____ seconds.

Repeat ____ times,
____ times a day.



38. Therapy Ball – Elbow Flexion

(improve range of motion)

Place forelimbs on therapy ball and hind legs on floor. Rock slightly forward/backward or bounce gently for

_____ seconds. Rest.

Repeat _____ times,

_____ times a day.



39. Therapy Ball – Shoulder Flexion

(improve range of motion)

Place dog with chest supported on the ball, with the side you are stretching close to the edge of the ball.

Move LEFT RIGHT
front leg backwards.

Hold stretch for ____ seconds.

Repeat ____ times,

____ times a day.



40. Therapy Ball – Shoulder Extension/Sitting

(improve range of motion)

With the dog sitting, place the involved front limb up onto the ball. Gently hold limb on ball and roll away from dog to stretch.

Hold _____seconds.

Repeat _____times,

_____times a day.



41. Therapy Ball – Shoulder Extension/Standing

(improve range of motion)

Place dog so he is standing on hind limbs with both front limbs on ball, as fully stretched forward as able, trying to keep just paws on ball.

Hold stretch _____ seconds.

Repeat _____ times,

_____ times a day.



42. Therapy Ball – Pendulum Swing

(proprioception/sensation)

Place the dog on the ball so that the

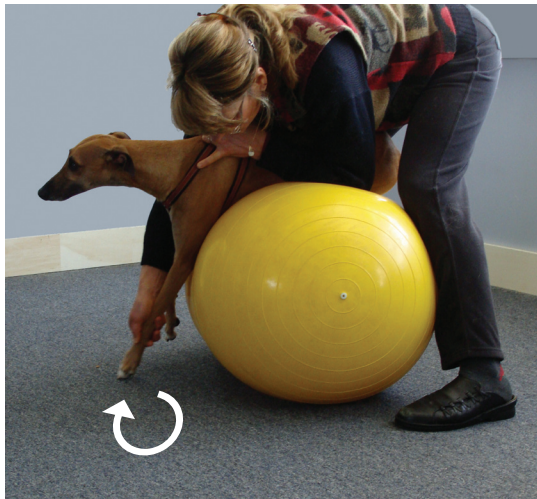
LEFT/RIGHT FRONT

LEFT/RIGHT REAR

limb is just in contact with the floor. Brush the limb along the ground in a circular or pendulum motion.

Repeat ____ times,

____ times a day.



43. Therapy Ball – Front Leg Standing

(forelimb weight bearing/strength)

Place the dog's abdomen and/or rear legs on ball so that both front legs are on the floor. Making sure the involved front leg is positioned well, lift the uninvolved front leg, making sure the dog is not pushing down too much into your hand.

Hold for _____seconds.

Repeat _____times,

_____times a day.

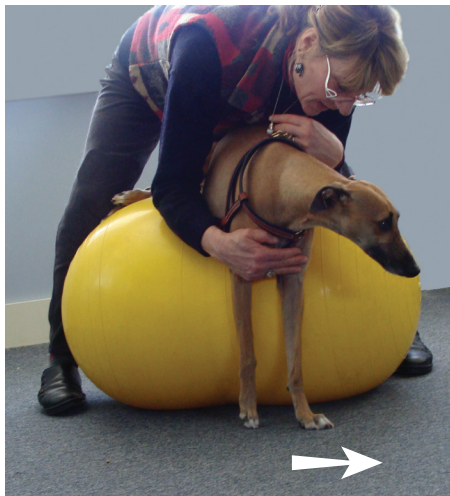


44. Therapy Ball – Side Step Front Leg

(front leg strengthening)

With dog either completely onto ball with rear legs or at least supported so that more weight is on front limbs, gently roll ball side ways toward involved leg so that dog has to step out to side. Return.

Repeat _____ times,
_____ times a day.



45. Therapy Ball – Braiding

(forelimb strengthening/weight bearing)

With dog either completely onto ball with rear legs or at least supported so that more weight is on front limbs, gently roll ball toward the

LEFT

RIGHT

and slightly forward, causing one front leg to cross over the other. Return.

Repeat ____ times,

____ times a day.



46. Therapy Ball – Stifle/Hock Flexion

(improve range of motion)

Place dog so front limbs are on ball and rear limbs are on the floor. Rock the ball backward so the rear limbs flex as much as possible, can gently assist with hand on dog's back.

Rock and hold _____ seconds.

Repeat _____ times,

_____ times a day.



47. Therapy Ball – Hip Extension

(improve range of motion)

Place dog's chest on top of ball with rear limbs on ground. Gently roll ball forward, making sure rear limbs don't advance forward as well.

Hold stretch _____seconds.

Repeat _____times,

_____times a day.



48. Therapy Ball – Hip Abduction

(soft tissue flexibility/range of motion)

Place dog's rear legs over the ball so that the dog is in the "splits" (frog leg) position. May have to start with ball more under torso so that the legs are not as far apart and progress to ball towards groin as range improves.

Hold there for _____ seconds.

Repeat _____ times,

_____ times a day.



Caution: Introduce dog slowly to ball. Watch for soreness. Watch your body mechanics.

49. Therapy Ball – Rear Leg Standing

(rear limb weight bearing/strength)

Place the dog's chest onto ball so that there is good support, making sure the involved rear leg is positioned well on the floor. Lift the uninvolved rear leg, making sure the dog does not push down too much into your hand.

Hold for ____ seconds.

Repeat ____ times,

____ times a day.



50. Therapy Ball – Backward Stepping

(rear limb weight bearing/strength)

With dog's front legs and chest supported on ball, gently roll ball backwards just enough for dog to step backward with rear leg. Roll forward to beginning position.

Repeat ____ times,

____ times a day.



51. Therapy Ball – Side Step Rear Leg

(rear leg strengthening)

Place the dog's chest supported on the ball, making sure both rear legs are positioned properly on the floor. Gently roll ball toward involved side, causing dog to take a step sideways. Return to start.

Repeat ____ times,
____ times a day.

