



Your Clinic Here

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Core Stabilization Level 1

Client ID
57936818
Online access
login.wibbi.com

Notes :

1 Level 1 Tummy Tickles Box Low



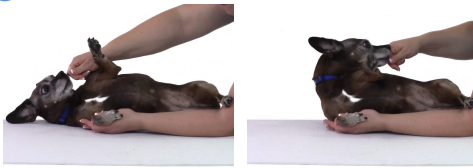
With a treat or toy lure the dog to place the thoracic paws on a low box; reward. Maintaining a standing position with the treat or toy, gently tickle the tummy.

Equipment can be found at your local dealer found here:
<https://fitpawsusa.com/where-to-buy/>

For on-line purchases in the U.S. and Canada visit
www.caninerehabshop.com/equipment/

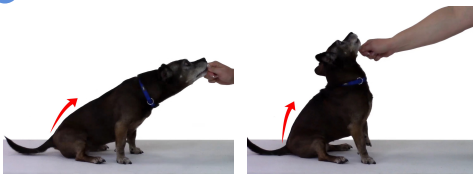
Equipment alternatives include books, steps and storage boxes.

2 Lateral Crunches Shoulder



With a treat or toy lure the dog into a lateral recumbent position; reward. Hold the bottom thoracic limb. With the treat or toy lure the dog to laterally crunch to the shoulder.

3 Sit Pretty Preparation



With a treat or toy ask the dog to 'sit'; reward. Using the treat or toy, with the treat or toy directly in front of the muzzle, push the treat or toy towards the dog promoting a rounded/flexed spine to produce a dorsal pelvic tilt. This pelvis position allows the dog to roll up into a sit pretty which they may start to do as this preparation exercises is completed.

4 Iliopsoas Stretch



With one hand stabilize the pelvis. With the other hand, taking three to five seconds, extend, adduct and internally rotate the hip to slight resistance.

5 Latissimus dorsi Stretch



With one hand stabilize the shoulder joint. With the other hand, lift the limb into a straight plane (parallel to the floor). Taking three to five seconds, extend, mildly abduct and externally rotate the shoulder to slight resistance.