

Exercises to strengthen your dog's hind end

The following are exercises and games to help strengthen your dog's hind end. A strong hind end is necessary in particular for full height jumping and coming down the A-frame.

- 1) Sit up, Beg, Dance - all encourage the dog to come up on his rear legs. Support him on the dance in particular by holding his front legs up.
- 2) Backing up in a straight line - can do either with dog in front of you or in heel position.
- 3) Tug - slowly pull towards you and then let dog pull away; keep tug at dog's level so he does not have to incline his neck/head to tug.
- 4) Swimming or hydrotherapy
- 5) Walking up hills - make sure that your dog walks, not jogs or trots. And, coming down hill go in a zigzag pattern to avoid putting stress on the dog's forelimbs.
- 6) Two on, two off on stairs or other angled surface; make sure dog keeps front feet close to the object and his body low and weight under himself.
- 7) Controlled sit to stand in the corner - sit your dog in a corner so he can't move around much. Use a treat to get repeated sits and stands.