Proprioceptively enriched walks for your dog

You have likely been working on your dog’s static and dynamic balance using the wobble cushion and trying pole walking or Theraband wraps to enhance their limb proprioception and core strength

Now it’s time to start including proprioceptive challenges as part of their every day walks

This will take their rehabilitation to the next level by making it functional and more relevant to their everyday activities

## Where to Walk?

* Choose walks that are sensory, interesting, exploratory, new/novel

## How to walk;

* Make your dog walk **slowly**
* Make them focus on what they are doing; perhaps try a 2 point control harness with double ended lead
* If your dog is good to heel it can be done off lead but MUST be SLOW and CONTROLED

## What else can you do to improve your dog’s proprioception whilst walking

* Transition between walk, stop, sit, walk, trot & include changes in direction
* Changes in direction could include: Backwards walking, circles, figure-of-eights, side steps, serpentines
* Walk over different surfaces; soft ground, sandy, grass, uneven surfaces, tree roots, gradients etc.
* Sit to stand and changes of direction on different surfaces and gradients
* Walking in this manner can be deceptively tiring so just start by incorporating 2 or 3 short session (anywhere between 2-5 minutes) dotted throughout their normal walk. You can always increase the time as they get better at it
* Intersperse these physio/ proprioceptive sessions with time on their lead doing whatever makes them happy (sniffing, scent marking etc.)