



SWAG™ TRAINING TIP:

Encourage your dog with low-calorie, high value treats. Repeating this exercise 3 or 4 times throughout the day is very beneficial for pets with arthritis.

To help your dog use both legs evenly, you can use a corner with your pet facing out towards you.

** Watch for signs of weakness or soreness. If your dog is sitting to one side repeatedly there may be more at play with your dog and we recommend that you see a Vet or Canine Rehabilitation Practitioner or Therapist for a thorough exam.*

Sit to Stand is a strengthening exercise that can also be used as a warm up activity. This exercise will help warm up and prepare the muscles, joints and connective tissues for the challenges of many activities from running to agility. To incorporate as a strength activity add resistance and increase time to each position.

TOOLS:



Collar or Harness, Leash, K9FITvest (try with and without to note form)

DURATION:



For Strength: 10-20 times, Hold each position 15-20 seconds.

INTENSITY:



Add a K9FITvest with weight or repetitions and speed for more strengthening benefits

MUSCLES TARGETED:



hind limb gluteal and hamstring muscles near the hip and knee.

What is Sit to Stand?

Sit to Stand is done the same as the name implies. Start your dog in sitting position and then ask your dog to stand. *A variation of this exercise is Stand to Down.*

Where Can I Do Sit to Stand Exercises?

Sit to Stand can be performed inside or outside. Start with a level surface and advance to using balance tools like a balance disc or balance board.

Sit to Stand Guidelines:

It is recommended that you warm up with a Controlled Walk before asking your dog to do Sit to Stand.

- 1) Ask Your Dog to Sit Squarely on Hind Legs. Hold
- 2) Then Ask Your Pet to Rise Hold for a Few Seconds
- 3) Take a Few Steps Forward. Then Sit Again. Repeat

Goal:

Strive for a "square sit" and use of the pelvic limbs to transition to a stand.