

## WARM UP - SIDE STRETCH (NOSE TO HIP)



Side Stretch, also known as a Nose to Hip stretch is an excellent stretch to warm up the body for side to side movement, head flexibility, neck and shoulders.



### TOOLS:

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



### DURATION:

For Warm Up: 5 times ea side, Hold Side Stretch for 5 seconds; Repeat Twice Daily



### INTENSITY

Add instability surface while performing the stretch to engage core and proprioceptors



### MUSCLES TARGETED:

Side Stretch (or Nose to Hip) target lateral shoulder and neck muscles

### What is Side Stretch?

Warm up exercise that encourages side to side movements.

### Where Can I Do Side Stretch?

Side Stretch can be performed inside or outside. Start with a level surface and advance intensity by using balance tools or tools that help elevate the front limbs as seen in the pictures above.

### Side Stretch Guidelines:

It is recommended that you start with your dog standing. You can do the side stretch from a side lying down position but it will target more abdominals.

- 1) Use a High-Value Smelly Treat for a Lure
- 2) Bring the Treat In Line with Natural Head Position
- 3) Slowly Move the Treat Just Behind the Shoulder
- 4) Encourage Your Dog to Turn the Neck to One Side While Keeping the Head Level - Avoid Twisting the Head
- 5) Front Legs Should Not Move -Work Within Your Dogs Limitations

### Goal:

Strive for full extension of the neck.



### SWAG™ TRAINING TIP:

Watch for your dog shifting or moving toward the treat. His/Her front legs should remain standing still. They should not follow the treat around. The stretch should be through the neck area. Any movements contrary are an indication that your dog is not comfortable and is straining beyond limits. Back off and work on deeper stretches as your dog becomes more flexible.

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