



## Raised Poles

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When doing raised poles with your dog it is important to space out the poles at a distance such that your dog can navigate through comfortably. Our goal here is not to extend your dog's stride but to increase the height to which your dog lifts each leg. Each dog will have its own comfort zone, so the exercise may be adjusted accordingly. The goal is to set the poles at mid-foreleg height and have the dogs walk through. If the dog is comfortable, set up 6-8 poles in a row and have the dog walk through. The dog's fitness level will determine the number of repetitions for the exercise.

It is important to stop the exercise before pushing past the point of fatigue to avoid creating an injury. If the dog is ticking the poles with his toes and is unable to lift his legs over the height, this will be the indication we have reached the point of fatigue and we should consider stopping the exercise. Often after the dog is allowed a break by walking for a few moments, the muscles will have recovered enough to be able to do a few more repetitions. If the dog does not seem to fatigue, the exercise can be made more challenging by setting the poles higher or by having more poles in a row. The safest way to use this exercise to its fullest is to start slowly and build as your dog indicates its comfort level.



**\*\* Be safe when stretching your dog. Have a look around the area you are working in and ensure there is nothing that can catch him or he can trip on. Make sure the footing is safe so he doesn't slip and that you never stretch a dog that is tied up. Safety is our number one concern and we have to always make sure we don't put our dogs in a dangerous position.\*\***

**\*\*NOTE: Therapy is not a replacement for Veterinary Care.\*\***