



Wither Rock

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- Have dog standing in a firm flat surface and as square as possible. These are both for safety and for the exercise to be as effective as possible.
- Reach up with both hands and rest your fingers over the wither, your body will be facing the dogs shoulder. Bring the dog toward you by pulling the wither to your side.
- Watch the fetlock on the same side you are on. We want to see that the fetlock on your same side gains the dogs weight and drops down. You need to pull the dog enough so that you see this shift in the fetlock. Once you have achieved this shift, you can release wither and allow dog to bounce back to its normal stance. Do 20-30 of these if dog permits you.
- Allowing the dog to bounce back to its neural posture each time is a must.
- If your dog is asymmetrical. Your body worker will want you to focus your efforts on the side with less mobility.
- You will be able to note a difference in the ease of wither pull as you do both sides. If there is a

difference noted work on the side that is harder to pull, with more repetitions than the easy side.

- The amount you choose to do should be decided in conversation with your body worker to ensure we don't do too much and make the dog sore.

On each of these mobility type movements you can do them before and after work;

- Before work, we will do them in a rocking fashion with the quick activation and release. This will resemble a rocking motion to stimulate the soft tissues.
- After work, they can be turned into more of a stretch type movement where you do the move and hold, while in a comfortable range of motion for the dog.
- Hold times will be 3-5 seconds for beginners and working up to the 30 second mark for more advanced dogs. When stretching do a least 2 repetitions and if dog allows more can be used in areas of stiffness.
- The above number of repetitions will be reduced if you are increasing the more advanced hold times.



**** 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.****