

Take Home Instructions: *Dancing Exercises*

What is a dancing exercise?

Dancing is an active therapeutic exercise. This exercise is performed by picking up the dog's front legs and the dog is moved, or "danced", forward and backward at a slow, controlled pace.

Why are dancing exercises prescribed?

Dancing is designed to improve the use and strength of the rear limbs.¹ The exercise also helps develop coordination and balance.²

When are dancing exercises recommended?

Dancing exercises are usually recommended when a dog can consistently walk with minimal lameness.²

What are the exercise guidelines?

Lift the dog's front limbs so the dog stands in an upright position.

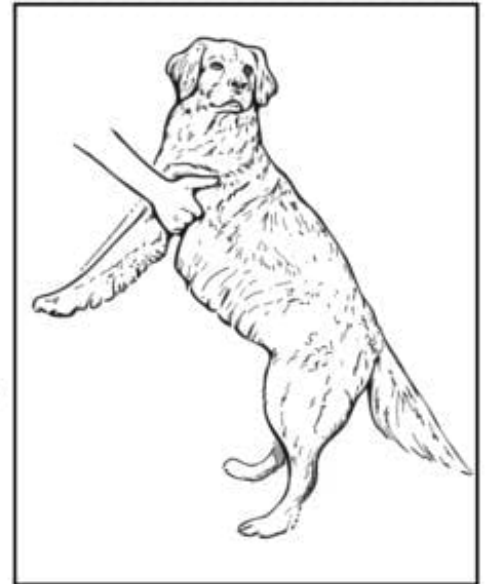
We will recommend an appropriate height in the notes below. Move or "dance" the dog in forward and backward directions in slow, controlled movements. Support their body from behind if necessary. A muzzle is recommended if the dog shows any signs of resistance to the exercise.²

We have also provided instructions below on how often and how long to perform the exercise each week. As your dog improves, we may recommend performing the exercise on inclines, such as a ramp or hill.¹

What are the safety considerations?

Stop treatment immediately if your pet shows signs of severe discomfort, such as growling, snapping, or yelping.

Instructions for your pet:



To hold your dog in a proper position, place your hands under each front leg and raise your dog to a comfortable height.

1. Bockstahler B, Levine D, Millis D. *Essential Facts of Physiotherapy in Dogs and Cats: Rehabilitation and Pain Management*. Babenhausen, Germany. 2004. BE VetVerlag. p 66.

2. Millis DL, Levine D, Taylor RA. *Canine Rehabilitation & Physical Therapy*. St Louis. 2004. Saunders. pp 256.

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