

# Cavaletti Pole Exercises

Cavaletti pole exercises are a great exercise for any dog however they are specifically useful for rehabilitation. They have a great deal of benefits including:

- Increasing Stride Length
- Challenging proprioception
- Increasing range of motion
- Voluntary muscular strengthening and control
- Accurate limb Placement and improved proprioception



## **Method:**

1. Place 1-2 poles on the ground at a set distance (same as the length of the dog)
2. Walk the dog slowly over the poles on the lead and in a slow controlled manner (increase the amount of poles as the dog improved). Before you make the exercise more challenging the dog must be able to walk over the poles consistently without knocking them (listen).
3. Repeat the exercise 5-10 repetitions (can be increased as the dog improves)
4. You can make the exercise more challenging by raising the poles (the poles should never be higher than the hock).