

Weight Shifting

Weight shifting involves moving a dog's centre of gravity to weight a specific limb and activate muscular contraction of that limb and also the core musculature. It challenges their ability to maintain an upright / balanced posture. There are two methods of doing weight shifts:

- **Passive Weight Shifting** – Physically moving the dog with gentle support from side to side and forwards and backwards.
- **Active Weight Shifting** – Getting the dog to move themselves using a treat or a toy.



Weight shifting can be done when an animal is able to support its own weight on its limbs. When a dog can do this adequately you can make the exercises harder by using a wobble cushion.

Passive Weight Shifting:

1. Put the dog on a non-slip surface
2. If you are targeting a forelimb then sit in front of the dog, if you are targeting a hind limb then sit behind the dog.
3. Gently rock the dog slowly from side to side or forwards and backwards
4. Repeat this motion around 10 times X2 per day (this can be increased gradually)

Active Weight Shifting:

1. Put the dog on a non-slip surface
2. Using a treat or a toy ask the dog to move its head and neck from side to side or forwards and backwards.
3. Repeat this motion around 10 times X2 per day (this can be increased gradually)
4. **Remember** If you are giving dogs lots of treats to alter their normal food accordingly.