

# Weaving and Figure of Eight Exercises

Weaving and Figure of Eight Exercises are utilised during rehabilitation to encourage lateral bending throughout the body to increase:

- Spinal Flexibility
- Core Musculature
- Proprioception (awareness of limbs in time and space)
- Weight shifting and utilising affected limbs
- Strengthens limb musculature

## **Method:**

1. Set out cones (around the length of your dog's body apart)
2. Walk your dog in a controlled slow lead walk around the cones in either a weave or a figure of eight pattern
3. Repeat the process 5-10 repetitions X1 per day (building up to more)
4. Adding more cones will make it more difficult for the dog

## **THE FIGURE EIGHT**

