

Inhand Equine Therapy



Tail Rock

Tail Rock

- 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.
- Stand at your dogs' hip to one side.
- Cup the tail right at the buttock with your one hand and rest your other on the side of your dogs' hip.
- Ensure that your hand does not slide down the tail.
- First push your dog away from you until you see the opposite fetlock drop, then rock the dog back to you until you see the fetlock on your side bear weight and drop.
- Push and pull in a rhythmic fashion.
- Repeat 20-30 times if your dog permits you.
- Allowing the dog to bounce back to its neural posture each time.
- 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 the tail rock as you do both sides.
- If there is a difference, work on the side that is harder to mobilize 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 go too far and make the dog sore.

On each of these mobility type movements you can do them before and after working your dog.

- Before work; we will do them in a rocking fashion with the quick activation and release.
- After work; they can be turned into more of a stretch type move where you do the

movement 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.
- The above number of repetitions will be reduced by 1/4 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.****