

Inhand Equine Therapy



Tummy Tucks

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Creating a full range of motion in your dog's back is very important. Like sit-ups and core exercises for people, tummy tucks target your dog's back, abdominals, and Paraspinal muscles.

To do your tucks, you need to evaluate where your dog's back is the lowest. This is where you are going to put your attention for the lift. If your dogs' back is lowest in the upper-back region, place your fingers under the sternum; if the mid-back is the lowest area then finger placement will be further back towards the tummy area. Once you have decided on finger placement, you are going to take braced fingers on the midline

of the dog, and tickle. Some dogs hardly need any pressure and some dogs need a firm, encouraging stroke. Make sure you watch the dog's back, often people miss the back lifting. Some dogs don't have a lot of range of motion, especially if their back is dropped or sore. Also, remember how much you hate sit-ups - a lot of dogs hate them too! Be aware of your dogs' mouth telling you their opinion of tummy tucks.

Start with 3-5 repetitions on each side of the dog. You can build to 10-12 reps on both sides. Hold each rep for 5-8 seconds. Always do both sides of the dog, as they usually have a slight bend away from the side the person is on.



**** 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.****