

## Iliopsoas training

#1- Start with control, not power/speed. If the dog can't use the muscle in a slow and controlled way it's a sign of weakness in the muscle and that they won't use it when they need it for speed/stability.

#2 Full range of motion is critical- If you only strengthen it at a partial range of motion, then it won't be as useful when the dog needs its full range. You have to have full flexion, extension, and stability.

#3- Gradual progression is key. Puppies can do "hold position for duration" exercises.



Don't OVER work it or they will use compensation muscles. The dog needs to stand squarely. Turn dog's head to get small shifts. Platforms should be solid, not squishy. You do **NOT** need to make big head turns or try to get the nose to the hip. Just an easy side to side.

5 reps per side = 1 set

5 sets per session with breaks and movement between them

### STEP 2:



Having the front feet elevated increases the weight load on the hind end, increasing the work of the muscle. And it opens the hips, increasing range of motion and strengthens muscle in stretch where injury is most likely. Remember to have the weight shifts be small and controlled. You want the dog to

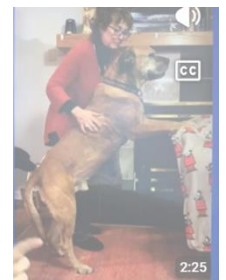


work the posas, not the alternate muscles.

### STEP 3:



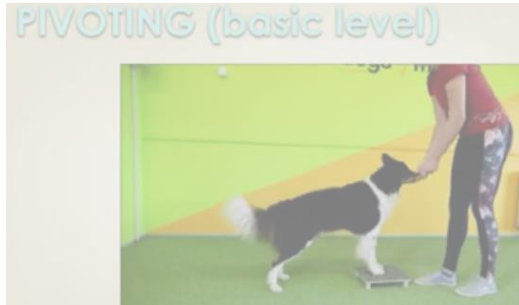
Unstable surface for rear feet: There is much more work of the muscle going on even when the dog is just standing still. Start with low objects, and slowly build up. Add height



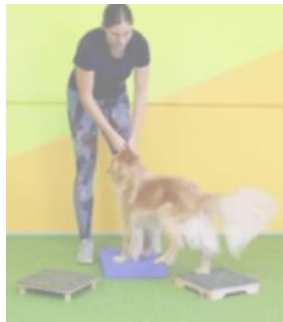
slowly and get long duration (several minutes) on stable surface, like plank work, before adding short duration with instability. Back should stay flat/straight and keep slight flexion in knee. Front feet no higher than shoulders.

## PIVOTING:

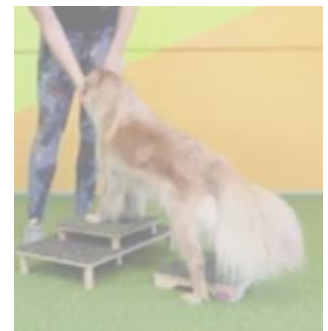
Try to get slow, controlled movement with no spine curving or arching. Gradually raise front end to stretch rear legs out. Hold raised position 30-90 sec., then take 1 step, hold, step, hold, step.



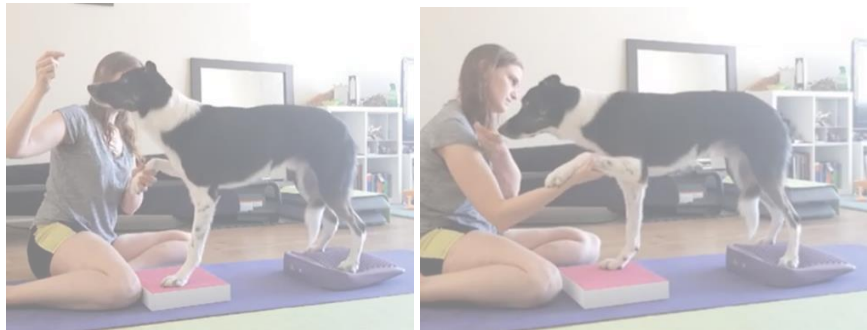
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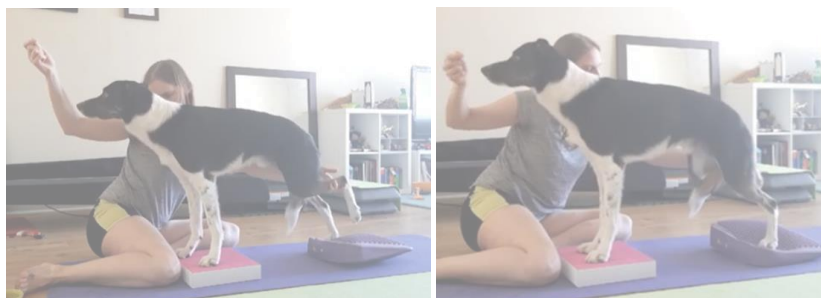
Step from one platform to another. Gradually raise the height of the platforms (either front feet or rear feet). Can also just do one step off each side of a single platform. Work on increasing the reach/stretch



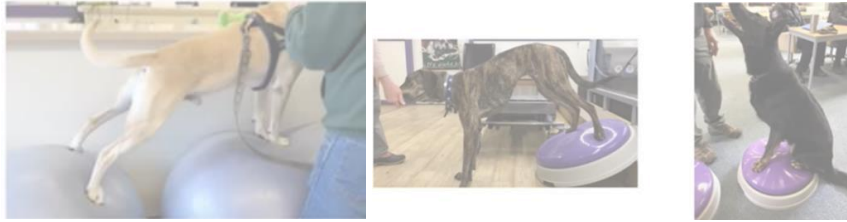
FRONT LEG LIFTS- Dog should stand squarely to stretched forward depending on experience/strength. Start on solid surface, then add unstable surface for rear feet



REAR LEG LIFTS- Lift at the knee and stretch leg out (pic 2 is tail, leg not visible)



**LONG DURATION SIT or STAND ON AN UNSTABLE SURFACE.** If the dog's rear legs are held in tight, dog is working the correct muscles. If the hips start to 'butterfly out' in the sit dog is getting tired. If dog can't hold position, he may be getting tired.



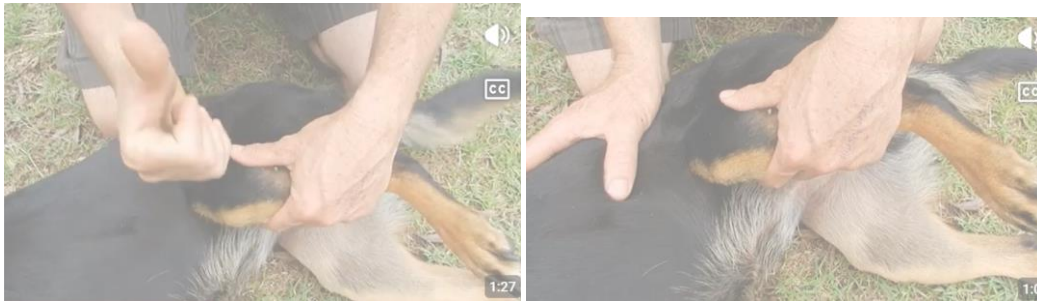
**WALKING ON UNSTABLE SURFACE** like a dock or loose sand or swinging bridge at playground. Can add sit/stand/sit, spins, fig 8, side steps

**SWIMMING** and trotting through water (water trough inside bigger trough)

**HILL WORK-** Run up, trot/walk down. Line around a post at the top to harness

**RELAX/STRETCH:**

1<sup>st</sup> release tension for 60-90 sec. Leg should be relaxed. Angle knee slightly up. Can also add a stretch the lower leg by folding that upward once relaxation is done.



Stretch. Leg extended until light stretch, knee angled slightly down toward other leg to stretch psoas.



Can also help dog stretch on his own: Planted rear feet, pull front forward with treat. Back should stay straight (no curve, hump, or dip)

