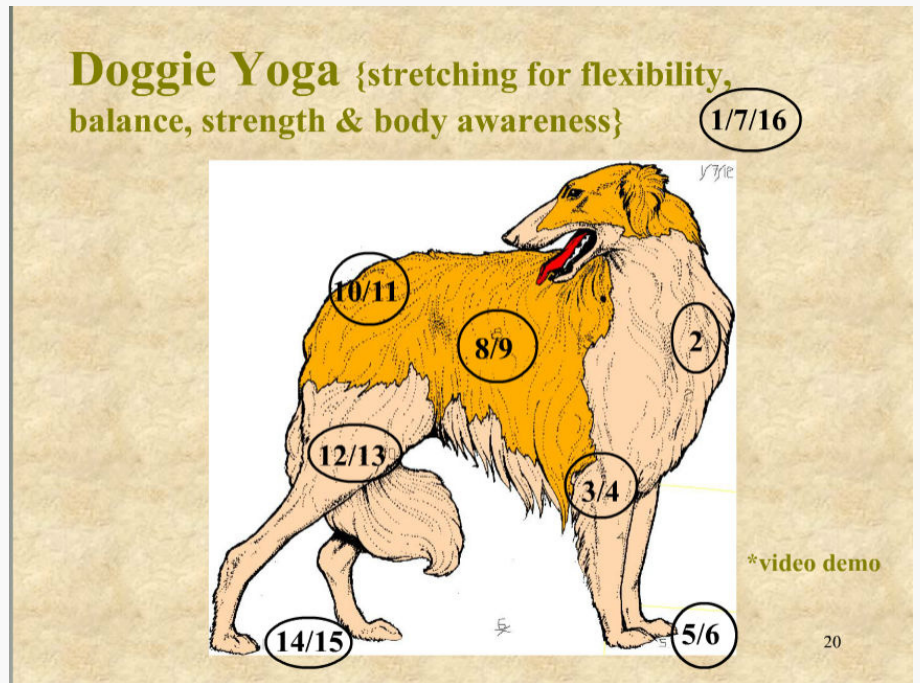




Diagram



Head positions

1. up (not too high)
2. down towards the chest
3. towards right elbow
4. towards left elbow
5. towards right front foot
6. towards left front foot
7. up
8. sideways to the right
9. sideways to the left
10. towards right hip
11. towards left hip
12. towards right knee
13. towards left knee
14. towards right hind foot
15. towards left hind foot
16. up

Don't hurry, take your time



Advice

Your dog will let you know how far you can do the stretching.

Listen to your dog, enough is enough!!

If your dog seems in pain STOP.

If your dog has had injuries/issues with her legs (CCL or HD) or is recovering from these, you will not be able to do all the positions due to putting extra weight on this leg.

If your dog has known issues with her back then please be VERY CAREFULL with these positions and only perform 1/2/8/9 with very small movements.