



AIRMID & BRIGHID

SMART GOALS AMBER

S = Specific
M = Measurable
A = Achievable
R = Realistic
T = Time-bound

Link to new video with gait (amble) and front, hind, sit and down photos:

<https://youtu.be/m3M7N8uuRDc>

Amber stand left:



Situation at this moment:

(LH - Left Hind, RH = Right Hind, LF = Left Front, RF = Right Front)

- Instead of a Walk -> Amble
- Static stand: Hind legs tucked under her body (see picture)
- Pictures of the rear end show that she doesn't put as much weight on the right hind leg as on the left This is in accordance with the measurements (R = 39.5 cm and L = 41 cm)

- LFV - 33 cm, RF = 35 cm
- During trot amber seems to make smaller steps with left front leg and right hind leg than with RF and LH
- In both pace and trot she keeps her head very low to the floor
- Front Photo shows that LF bears less weight than RF and her left foot is turned outward
- Sitting down: she is learning to do this on asking
- Down: Not yet on asking

Client wants to go running with Amber (on leash) and Amber goes to an off leash area with a dog walking service (owned by clients husband) for at least an hour once every day

Location	Measurement
Hight at girth	64 cm
Thigh right	39.5 cm
Thigh left	41 cm
Shoulder right	36 cm
Shoulder left	33 cm
Girth	67 cm
Waist	44 cm

Goals:

1. Learning both tucked (strengthening FL) and rock back sit (Strengthening HL)
2. Learning down
3. Strengthening RH and Strengthening LF
4. better posture during static stand (HL less tucked under the body)

Overall goal: running with client with good posture and gait.

SMART goals

1.
 - a. S: The type of sit that comes most naturally for Amber.
 - b. M: She should be able to show this sit several times (3-5 times) in a row c.
 - A: For a Galgo Sit is not a behaviour that comes easy. But 3 times in a row should be possible
 - d. R: 3 times should be realistic. If not, the goal can be adjusted. If more times: great, then we can go on with appropriate exercises

- e. T: Client is already practicing with Amber. I think Amber must be able to get this within a month (2 sessions)
- 2. Not until sit is mastered
- 3.
 - a. S: Both LF and RH more muscle mass
 - b. M: Both at least 0.5 cm without losing muscle mass in the RF and LH c. A: If client is compliant (and has enough time) this should be achievable. After 3 sessions this will be evaluated
 - d. R: Amber is a young and healthy dog so this should be realistic
 - e. T: After 3 sessions we will evaluate this goal
- 4.
 - a. S: The hind legs need to come out from under the body so there needs to be a weight shifting towards the front
 - b. M: Hocks need to be more perpendicular to the floor
 - c. A: She is healthy so it should be achievable
 - d. R: Very realistic, A complete change towards hocks perpendicular to the floor will take more time than 6 sessions
 - e. T: To get the hocks perpendicular will take at least 8 sessions

Exercises

- Most exercises will be weight shifting
- Strengthening hind legs and front legs.
- Exercises like stand -sit- stand

The exercises must be simple, my client has no experience with conditioning and the equipment used must be stuff that they have in their house or obstacles they can find during walks (steps, tree trunks, sidewalk (front or hind feet higher or left/right higher))

Demands	Exercises
Trotting for extended periods of time.	Endurance on leash
Propulsion required to trot uphill.	Hind end strengthening: Sit -> stand; Front feet up; walking backwards Core strengthening: weight shifting Controlled uphill
Deceleration muscles required to trot downhill.	Front end strengthening: Hind feet up Core strengthening: weight shifting Controlled downhill
Possible shifting surfaces including sand, gravel, slippery grass, frost, or ice.	Cavaletti's in different formations Exercises on different surfaces Starting on one surface -> ending on another surface