

THERABALLS, PHYSIOROLLS AND BALANCING BOARDS

What are they? These tools are used to help a dog with a spinal injury to regain balance and strengthen the trunk muscles. Stretching may also be a benefit of using a theraball or physioroll. We may use them to teach or encourage a dog to use a limb, or limbs, he has been unwilling to bear weight on. Gentle rocking while on the ball or board stimulates the dog to shift its weight and compensate for motion. This not only improves balance but also works and strengthens core body muscles - those of the back, chest and abdomen.

Many dogs seem to really like these activities and get very relaxed. On the theraball or physioroll the pet's weight is supported. On the balance board the dog is standing on its own.

How long does it take? These pieces of equipment are usually only used a few minutes at a time. Pets with spinal injuries can tire very quickly. We may do these exercises multiple times a day with spinal patients, however.