



# For Active Dogs!

Brought to you by Canine Sports Productions

Coaching dog enthusiasts to embrace the unique needs of active dogs through teaching, mentoring and educational media

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## Welcome to the inaugural For Active Dogs Newsletter!



Greetings!

For more than 30 years I've enjoyed coaching dog trainers, veterinarians, physical therapists, and other dog professionals and enthusiasts through classes, seminars, and one-on-one sessions. If you're reading this, you've been part of at least one of those classes or sessions over the years, and I want to continue connecting with you.

My goal for this monthly newsletter is to equip you with the latest information on active, performance and working dogs to help you find continued enjoyment and success. I will share information, resources and recently published studies on canine sports medicine and rehabilitation that I believe you will find interesting and helpful to keep your active dog healthy well into the senior years. This is a subject about which I'm passionate!

### Upcoming Events:

**Dec. 2 - 3, 2017**

[Coaching the Canine Athlete Seminar](#)  
Sydney, Australia  
[tsueyhiu@yahoo.com.au](mailto:tsueyhiu@yahoo.com.au)

**Dec. 5 - 6, 2017**

[Coaching the Canine Athlete Seminar](#)  
Canine Balance  
Melbourne, Australia  
[www.caninebalance.com.au](http://www.caninebalance.com.au)

**June 6 - 8, 2018**

[Rehabilitation Speaker](#)  
Vet Festival Loseley Park  
Surrey, England  
[www.vetfestival.co.uk](http://www.vetfestival.co.uk)

**Sept. 1 - 3, 2018**

[Coaching the Canine Athlete Seminar](#)  
Canine Seminar at Sea  
Ontario, Canada  
<http://www.canineseminaratsea.com>

**Nov. 10 - 12, 2018**

[Coaching the Canine Athlete Seminar](#)  
Guides Canins Inc  
St. Lazare (Québec), Canada  
<http://www.guidescanins.com>

Give us your feedback! Click here to take a one-question poll.

# Exercise Tips & Tricks

Proprioceptive, or body awareness, exercises are extremely important for active dogs, but people often forget about them because they seem so simple. It almost seems like if they are that easy to do how can they possibly be making any difference to the dog?

Well, it turns out that there are specific neurological pathways in the dog's body that carry messages regarding body awareness. Receptors, which are tiny, specialized nerve endings throughout the body send neurological messages to the spinal cord and then to the brain, indicating where each part of the dog's body is in space. Of course, we know that the neurological system can be trained. That means that when you practice body awareness exercises you are actually training the brain to use those neural pathways correctly. That can improve performance and reduce injuries!

Benefits of proprioceptive exercises:

1. They don't require any exercise on the part of the human
2. They take less than a minute or two to complete
3. They can be done virtually anywhere because they require very little space.

My favorite proprioceptive exercise is using a PVC agility ladder or an extension ladder or a good old-fashioned wooden rung ladder - any ladder with parallel sides.

Here's how to do it:

1. Walk the dog VERY slowly forward across the ladder laid on the ground. Give rewards when the dog doesn't touch the sides or the rungs.
2. Once your dog can go forward perfectly, progress forward and then backward - that's very hard!
3. Then do the exercise on hills, each session facing a different direction
4. Then have the ladder perpendicular to the direction in which you are facing, and have the dog step sideways with just the front feet or just the rear feet stepping across the rungs
5. Then do that exercise on hills.

See how deceptively easy it is? Yet this exercise is incredibly beneficial.

## Thank You!

I appreciate you and your interest in athletic, sporting and working dogs, and hope you will stay with me.

Thank you for entrusting me with your email address. I will not sell or give away my email list, and you are welcome to unsubscribe from this newsletter at any time by scrolling down to the bottom of this email and clicking on the unsubscribe link.

But I hope you'll stay. You never know what goodies and freebies you may find from one month to the next!

Until next time,

Chris Zink



**Congratulations to Chris  
for winning the Lecturer  
of the Year WEBCON  
2017  
award!**

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