



For thirty years Dr. Tina McGrath has provided exceptional veterinary care to her patients, helping them be their best and healthiest selves. In 2020 Dr. McGrath opened Mobility Matters Pet Rehabilitation to offer hydrotherapy, cold laser therapy, massage, acupuncture, and a range of therapeutic exercises to pets in need of physical rehab.

At Mobility Matters we recognize the individuality of each patient, and work with owners and their pets to create personalized treatment plans for every animal.

We are a referral-only clinic, and do ask that your regular care veterinarian complete and return our referral form prior to an appointment. Our referral form can be found on our website at: <https://mobilitymatters-rehab.com/book-appointment/#referral-form>

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mobilitymatters-rehab.com

Dr. Tina McGrath,
Veterinarian and Animal Lover

Certified in Canine Rehab
tina@mobilitymatters-rehab.com
2857 Lakeshore Rd W
Oakville, ON

905-465-1738

www.mobilitymatters-rehab.com



**Therapeutic
Exercises for Dogs**

Proper Sit

- Instruct your dog to sit.
- The hind paws should be under their hips.
- The shoulders should be aligned vertically with their front paws.
- Lure your dog's head forward with a treat so they extend their spine into a straight line and roll their pelvis forward.



Sit to Stand

- From a proper sitting position, guide your dog forward so they push off with their hind legs into a standing position.

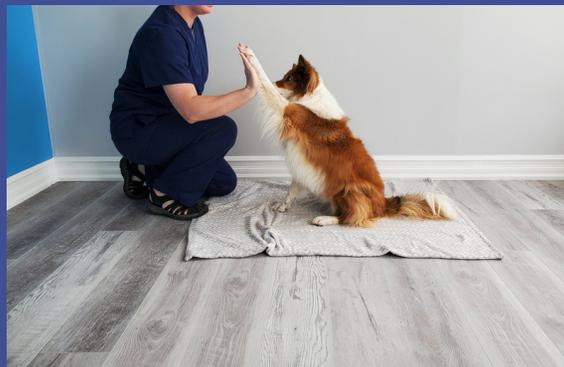
Repetitions _____



Wave Exercise

- Instruct your dog to sit.
- Lift your hand to your dog's eye level, and use the verbal command "wave."
- Have a treat in your other hand to give as an instant reward when they lift their paw and touch your hand.
- Repeat with opposite paw
- As your dog improves at this exercise, have them hold their paw against yours for longer periods of time.

Repetitions _____



Proper Lay Down

- Instruct your dog to lay down.
- The elbows should be aligned vertically with the shoulders.
- Lure your dog's head forward with a treat or other reward so they stretch their spine in a straight line from their head to the base of their tail.



Cookie Stretches

- Have your dog stand between your legs, facing forward.
- Using a cookie, guide your dog's nose to the side, towards their hips.
- You can also modify the stretch by guiding your dog's head up, down, and to their front paws.

Repetitions _____

