

# THE HUSBANDRY PROJECT

Giving Dogs a Seat at the Table



A Project of The Academy for Dog Trainers

# Why Cooperative Care?

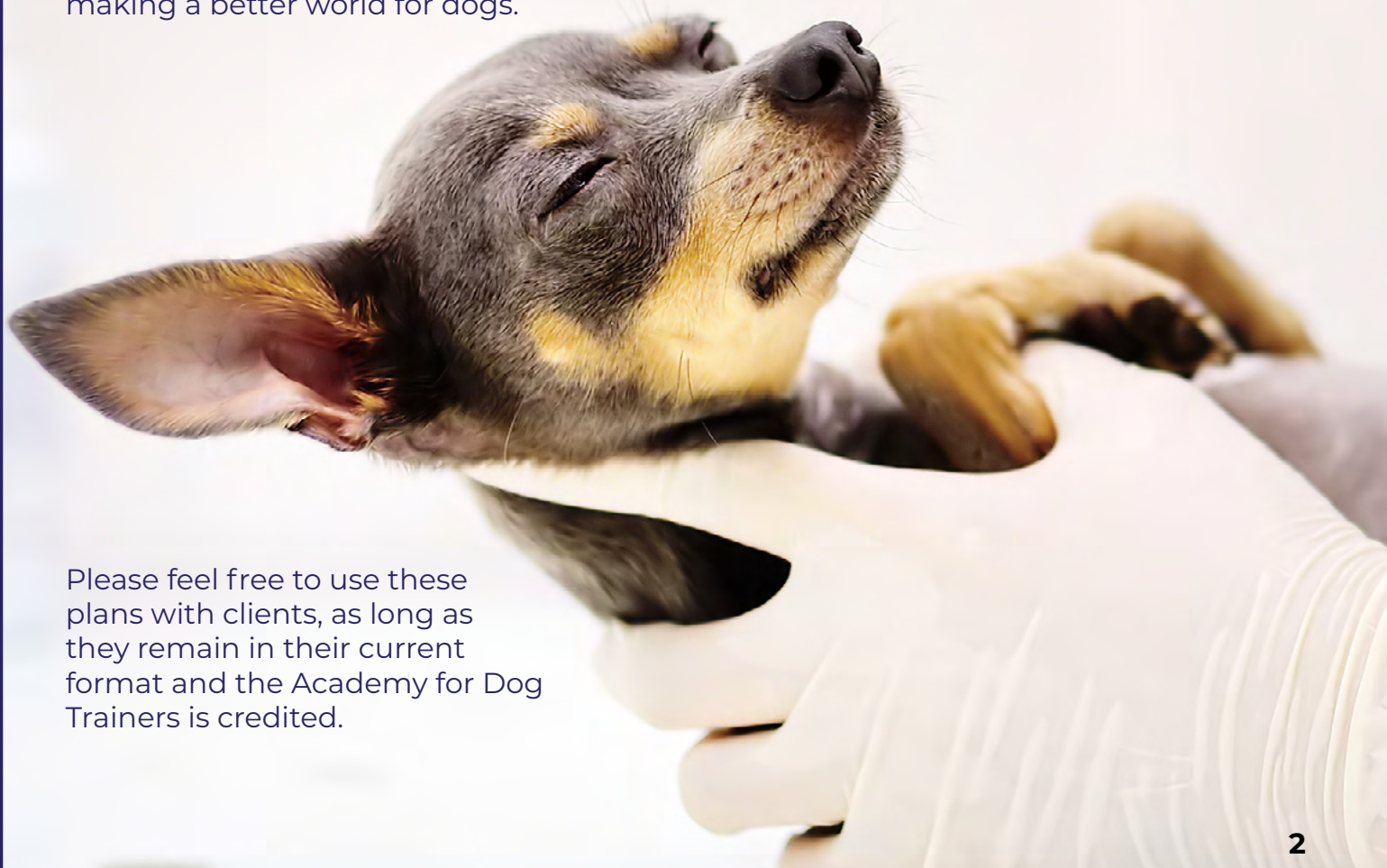
Dogs simply do not need to fear veterinary clinics, staff, and procedures. With well-executed training, many can instead learn to be comfortable or even happy at the veterinarian, and there can be no better gift to our dogs than a better, more joyful life.

Fear matters in dogs. It is a deeply unpleasant way to live, affecting health and welfare, and can have serious consequences. Veterinary fears can reduce a dog's access to medical care as well. Because fear of veterinary care is so common, The Academy for Dog Trainers decided to tackle it head-on. Starting in 2016, the Academy produced and tested dog training plans with hundreds of dogs and over multiple phases. In the end, we had a streamlined list of training plans, each honed to work well with most dogs, by most trainers. We also had a standard and useful library of extra steps and extra plans for dogs who need a bit more help.

In this package, you will find three types of resources. First, there are two “how to train” sections. These sections outline how best to use the training plans that follow. Second, there are stationing plans. These plans teach your dog to stay comfortably in a useful position during veterinary procedures. And third, you'll find “Conditioned Emotional Response” or CER plans. These plans are all about getting your dog comfortable and anticipating good things when they see veterinary staff, offices, and tools.

On behalf of the Academy, we would like to thank you for working with your dogs to increase their comfort at the vet. It is trainers and dog owners like yourself who are making a better world for dogs.

Please feel free to use these plans with clients, as long as they remain in their current format and the Academy for Dog Trainers is credited.



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## HOW TO TRAIN YOUR DOG FOR THE ACADEMY'S HUSBANDRY PROJECT

The Husbandry Project involves two types of training. One type is the usual training you're familiar with, where your dog earns treats for doing stuff, like sitting. We'll cover some how-to specifics on that type of training first. The other type is training your dog to enjoy certain items, places, and people. See the CER handout for instructions on those kinds of training plans.

### 1 Getting Ready To Train

- ✓ Make sure your dog is nice and peckish: don't train after a meal.
- ✓ Have some great treats – small, moist and extra delicious.

### 2 How To Train

You'll often start by luring your dog into position with a treat. The exact position will be described in the plans. Put the treat on your dog's nose and lure her into position. Once she's in the right position, release the treat into her mouth. Then quickly start another repetition: train fast! When you do a step with no lure, make the same luring motion with your hand, but with no food in that hand. Most of the time, your dog will follow the hand signal on faith. As soon as she's in the position, give her a treat from your other hand. If she tries a different position instead, call it a failed trial and start again – but don't give up on her too fast if she just takes some time to get into position.

In the more advanced plans, you'll signal your dog into position and then simulate various vet procedures, such as looking in eyes or ears. If she stays in position, she earns the treat. If she gets out of position, it's a failed trial, so no treat. Get her back into position with a signal and try again.

### 3 How many reps at each step?

The plans are a series of steps you must do in a specific order. Please do not improvise outside of adding "splits" – see below to read about splits.

Dogs usually need quite a few repetitions to get five right in a row, and often need to drop back a step or two, so don't worry about it. Just follow the system! Five right in a row? Time to move on. Three misses in a row? Drop back a step.

### 4 Splits

If you have to drop back between two steps more than once, you'll need a "split," an in-between step. For example, if you are on step 8 and drop back to re-do five successful repetitions at step 7, then try step 8 once more but need to drop back to step 7 again, you need to come up with a step 7.5, which we call a "split".

Some hints about good "splits" are included in the plans, but here are some general ideas to get you thinking: bury the lure under your thumb and feed from your other hand if your dog is lure-dependent; split the duration (time) in half; lure halfway and then reinforce; use a less "invasive" version of the vet procedure; and so on.

### There are two rules about moving between steps:

1. Please repeat the step until your dog has done it right five times in a row, earning a treat each time. This is when you can move on to the next step.
2. If your dog makes three errors in a row, drop back to the previous step. An error is when your dog commits to the wrong position or moves before the end of the required time.



## CONDITIONED EMOTIONAL RESPONSE (“CER”) PLANS: “HERE IT COMES” --- IT ARRIVES

When dogs are fearful, or when we just want to be proactive to ensure they like something, we use a different learning system: classical conditioning (CC, also called Pavlovian or respondent conditioning). At the end of a CC protocol, your dog has a “conditioned emotional response”, or CER. A CER means the sight of “it”—the item, place, or person—causes your dog to happily anticipate good things... in our case: treats. CC is the reason your dog gets excited when you pick up the leash and gets a bit sad when you pick up your briefcase and keys. For this training, use your dog’s favorite, delicious food, and don’t give her any outside of training for now.

### The Rules

CC is harder to do than training sits and stays, but it is worthwhile to get it right. Here’s how to do it.

1. Your dog must see the item, person, or place *before* she gets the food. This is the most important rule! If your dog already knows treats are coming, the item, person, or place has no tip-off value, so no CER.
2. Every time she sees the item, person, or place, it must be followed by the delicious food. 1:1 ratio.
3. You’ll take measures to ensure that it’s really clear to your dog that the item, person, or place is the best and only thing that predicts treats.

**And if a dog is already fearful of “it”, there’s an additional, and very important, rule:**

4. The version of “it” that she sees must be less intense or further away, so she’s not afraid.

### How To Implement the Rules

Some how-to is embedded in each plan, but the information below is vital, so please review it a few times.

1. **Your dog must see “it” (the item, person, or place) first.** If “it” is a tool like an otoscope, present it for your dog to see and sniff, let her drink it in for 2-3 seconds and then start happy talking and feeding. If “it” is a place, head into the place and allow your dog to sniff and be there for 2-3 seconds and then start happy talking and feeding treats. If “it” is a person, let your dog see them for that oh-so-important 2-3 seconds before you start to happy talk and feed. Think of it this way: When your dog sees something, she’ll ask herself: what does that mean to me? Then and only then you answer the question: Food treats and happy talk.

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## How To Implement the Rules (cont)

- 2. Every time your dog sees “it”, provide treats.** Keep “it” hidden to your dog outside of training. Don’t leave the otoscope out on the counter where your dog can see it. Don’t go to the vet without the treats. And if you accidentally show your dog “it”, start happy talking and find something delicious to give her!
- 3. “It” is the only thing that predicts treats.** Is anything else tipping your dog off that food is coming? Are you reaching into your treat stash before she sees the instrument? Don’t! Are you rustling in the treat bag? Hold off! Are you putting on a treat pouch just before you start training? Don’t! Instead, wear the loaded treat bag during the day without giving any, so it loses its predictive value.
- 4. The version of “it” a fearful dog sees must not cause any fear.** If a dog is scared of the otoscope, start with only the ear cone, and then the handle, and then the whole otoscope. If your dog is fearful of the vet’s office, start out in the parking lot (or even down the street!). Over multiple sessions, you can move closer, and then into the vet’s office itself. Slow is the new fast with fear. You’ll get there if you go slowly.

## How many reps at each step?

Repeat each step if your dog appears neutral when she sees “it”. So if you pull out the otoscope and she shows no anticipation, keep training at this step. If she goes into the vet’s office but stands around neutrally, repeat this step again.

If your dog shows any signs of fearfulness or discomfort, drop back a step. Depending on your dog, you may see her ears go back, her tail go down, or she’ll leave or take the treat but with a harder bite. She might yawn, hunch, and not eat. If your dog has a history of fearfulness about “it”, be very conservative. You’ll get to the end point faster if you go at her pace. Drop back as many steps as needed to see no fear at all.

Go to the next step when your dog clearly shows anticipation of treats in the two seconds between her seeing “it” and her getting treats. For example, if you pull out the otoscope and your dog looks directly at the hand you always feed her with, and drools a bit, you know she’s anticipating treats and you can move on. If you go to the vet and your dog pulls through the door, wags or dances happily, you know you can move on to the next step. This is dog-specific, so you’ll need to watch and learn your own dog’s behavior here: happy snuffing? An intense stare and a thumping tail? Drool and a head snap?



If your dog shows happy body language or clear anticipation of treats at one step, but when you try the next step she shows fearfulness, do a few repetitions at the easier step before trying the harder one once more. If there is fearfulness on this second attempt, you will need to come up with an in-between step. Repeat the last, successful step and then try your split: something between the easy step and the hard step. The plans will have some options but you might need to come up with some on your own. If seeing the vet up close is too scary, can the vet appear at the end of the room, facing away? And so on.



**GOAL:** Dog is comfortable in groomer's muzzle or basket muzzle at home for 10 seconds in preparation for body handling distractions.

|   | <b>EXTINCTION OPPORTUNITIES*</b>  | <b>WHAT WE WANT THE DOG TO LOVE</b>                      | <b>THE GOOD STUFF</b>                                   | <b>EXTRAS</b>  |
|---|---|--|---|--|
| 1 | Alternate presenting muzzle with other objects of similar size  | Muzzle held out for 10 seconds                           | Happy talk and high value bait, one piece after another | Start feeding after two seconds ("onset"). Continue feeding until muzzle put away, then stop ("offset"). |
| 2 | Vary the amount of time between trials from 0 to 30 seconds   | Muzzle held out for 10 seconds                           | Feed dog through muzzle one piece after another         | Split to nose partway in if necessary  |
| 3 | Ditto   | Muzzle on nose and straps played with behind head 2 – 3s | Ditto   | Use helper if needed   |
| 4 | Ditto   | Play with straps 5 – 6s                                  | Ditto   | Ditto  |
| 5 | Ditto   | Strap on loosely for 5 – 6s                              | Ditto   | Split to 1 – 3 seconds if necessary  |
| 6 | Ditto   | Strap on tightly for 2 – 3s                              | Ditto   | Use onset/offset feeding.  |
| 7 | Ditto   | Strap on tightly for 6s                                  | Ditto   | Ditto  |
| 8 | Ditto   | Strap on tightly for 10s                                 | Ditto   | Ditto  |
| 9 | Run through the final steps of the other procedures plans with muzzle on (except the steps which are impossible with muzzle on, such as gator mouth). If 2nd person is available, do onset/offset for all duration steps. |  |   |  |

*\*Extinction trials ensure that the dog associates the exact thing that we're trying to get him to love (in this case, the muzzle) with the good stuff. For example, we would present the muzzle, then follow with the good stuff. We would then present other similarly-sized objects, and withhold the good stuff. This makes it clear that the muzzle, not the training set-up, is what predicts the good stuff.*



**GOAL:** Dog is relaxed and happy at the sound and feel of clippers.

**INSTRUCTIONS:** As with all CER training, remember to wear a loaded treat pouch for at least half an hour before starting, or for random periods during the day, without giving any.

## OPERATION

|   |  |
|---|--|
| 1 | Turn on device, wait two seconds, commence flow of treats a few seconds apart, then continue with 3 – 10 seconds of overlap with both clippers and treats at the same time. Turn off clippers and cease flow of treats. Repeat a few times a day at random times until CER is clearly evident. |
| 2 | With clippers off, start running them over dog's body and legs as though clipping. After two seconds, commence flow of treats, continue with 3 – 10 seconds of overlap, then stop touching dog and then stop treat flow  |
| 3 | Optional: clipper a small section on dog's foreleg then give a massive treat pay-off.  |





**GOAL:** Dog is happy and relaxed in all areas of veterinary clinic and with vet staff.

**PRE-REQUISITES:** None. This optional plan is for dogs who won't eat at the vet's office and are scared of the office and the staff (fearful, aggressive).

**If possible** (i.e. if the vet staff will agree to leave you alone), do the clinic CER first and then start the staff CER once your dog is happy at the vet's office itself. If this isn't possible, you may integrate the plans as needed logistically.

## VET CLINIC LOCATION CER STEPS

|   | STEP  | NOTES   |
|---|---|---|
| 1 | <ul style="list-style-type: none"> <li>• Drive to vet practice and walk up to door with dog.</li> <li>• Open door to waiting room.</li> <li>• With door still open, praise effusively for 2 - 3 seconds.</li> <li>• Offer chicken or extremely high value food.</li> <li>• If dog will not eat in doorway, go back to car (continue to offer chicken until dog eats).</li> <li>• As soon as dog has consumed 5 - 6 pieces of chicken, wait in car 3+ minutes, ignoring dog (optional: walk around block).</li> <li>• Repeat 2 - 3 more times, then go home.</li> </ul>  | <p>Do ~1 session per week until dog happily eats chicken at the clinic door and tries to go back to the clinic door when you attempt to return to your car or walk around the block.</p> <p>It is extremely detrimental to proceed to Step 2 prematurely.</p> <p>Possible splits: down the block from the vet's practice.</p> |
| 2 | <ul style="list-style-type: none"> <li>• Open door and enter waiting room with dog.</li> <li>• Once inside, commence effusive praise and offer chicken or extremely high value food (do not sit down).</li> <li>• If dog eats in waiting room, feed 5 - 10 pieces, then exit and wait in car 2 - 3 minutes or walk around the block, ignoring dog.</li> <li>• If dog does not eat in waiting room, continue praising and withdraw to door or parking lot or car until dog will eat.</li> <li>• As soon as dog has consumed 5 - 10 pieces, wait in car 3+ minutes or walk around the block, ignoring dog.</li> <li>• Repeat 3 - 5 more times, then go home.</li> </ul> | <p>Do ~1 session per week until dog is eager to enter waiting room and happily eats chicken there.</p> <p>It is extremely detrimental to proceed to Step 3 prematurely.</p>   |

| STEP |  | NOTES  |
|------|--|--|
| 3    | <ul style="list-style-type: none"> <li>• Enter waiting room, sit down and commence effusive praise.</li> <li>• After 2 - 3 seconds, feed 5 - 10 pieces of chicken.</li> <li>• Exit and walk around the block, ignoring dog.</li> <li>• Repeat 5 - 6 more times, then go home.</li> </ul>   |  |
| 4    | <ul style="list-style-type: none"> <li>• Enter waiting room, sit down and commence effusive praise.</li> <li>• After 2 - 3 seconds, feed 5 - 10 pieces of chicken.</li> <li>• Walk around waiting room with dog, still praising.</li> <li>• Sit down again and feed another 5 - 10 pieces of chicken.</li> <li>• Walk around waiting room with dog again, praising.</li> <li>• Sit down again and feed another 5 - 10 pieces of chicken.</li> <li>• Exit and walk around the block, ignoring dog.</li> <li>• Repeat 3 - 5 more times, then go home.</li> </ul>     |  |
| 5    | <ul style="list-style-type: none"> <li>• Enter waiting room, sit down and commence effusive praise.</li> <li>• After 2 - 3 seconds, feed 5 - 10 pieces of chicken.</li> <li>• Walk around waiting room with dog, still praising.</li> <li>• Sit down again and feed another 5 - 10 pieces of chicken.</li> <li>• Walk around waiting room with dog again, praising.</li> <li>• Sit down again and feed another 5 - 10 pieces of chicken.</li> <li>• Exit and walk around the block, ignoring dog.</li> <li>• Repeat 3 - 5 more times, then go home.</li> </ul>     | <p>Remain at this step until dog is eager to go to exam room and happily eats chicken there.</p> <p>If no improvement (i.e. no eating in exam room) after 2 sessions of 3 - 5 reps, drop back to Step 4 or split to hallway between waiting room and exam room or to door opening.</p> |
| 6    | <ul style="list-style-type: none"> <li>• Enter waiting room, sit down, praise and feed once.</li> <li>• Wait for five minutes (optional: practice stationing for chicken).</li> <li>• Proceed to exam room, sit down, praise and feed once.</li> <li>• Wait for five minutes (optional: instead of waiting, practice stationing for chicken or practice on and off scale).</li> <li>• If not stationing, praise and feed several pieces before exiting.</li> <li>• Exit and walk around block, ignoring dog.</li> <li>• Repeat once more, then go home.</li> </ul> | If any staff get within a few feet of dog, always feed.  |
| 7    | Repeat Step 6 for all exam rooms.  |  |
| 8    | Repeat Step 6 in all treatment and radiograph rooms and areas you are permitted to visit.  |  |

## VET STAFF CER STEPS

| STEP   | NOTES  |
|--|--|
| <p><b>Preparation:</b> Obtain fabric from the clinic which will hold the scent of the vet staff. (Discuss with vet staff to see what they are willing to provide; the best option is scrubs and a lab coat which have not been washed but another item is also fine).<br/>                     Double-bag items in fresh Zip-loc bags.<br/>                     Double-bag similar fabric with your own scent as well.</p> |  |
| 1  | <ul style="list-style-type: none"> <li>• At home, in dog's presence, open bag with your own shirt in it and allow dog to sniff for 2 - 3 seconds then ignore dog. These are called extinction trials.</li> <li>• Repeat extinction trials 3 - 5 times per day 3 days.</li> <li>• On third day, begin alternating trials with your scent and trials with clinic item trials. For clinic items, open bag, allow dog to sniff for 2 - 3 seconds, commence very effusive praise, then run to fridge for 6 - 10 pieces of chicken.</li> <li>• Repeat 3 - 5 times per day (sometimes "cold" extinction shirt, sometimes "hot" clinic items for food).</li> </ul>   |
| 2  | <ul style="list-style-type: none"> <li>• Enter waiting room, sit down, praise and feed once.</li> <li>• Wait for five minutes (optional: practice stationing for chicken).</li> <li>• Proceed to exam room, sit down, praise and feed once.</li> <li>• Wait for five minutes (optional: instead of waiting, practice stationing for chicken or practice on and off scale).</li> <li>• If not stationing, praise and feed several pieces before exiting.</li> <li>• Exit and walk around block, ignoring dog.</li> <li>• Repeat once more, then go home.</li> </ul>   |
| 3  | <ul style="list-style-type: none"> <li>• Enter clinic waiting room and sit down.</li> <li>• Request a staff member to approach you to 2 feet away.</li> <li>• As soon as the dog notices the staff member, commence effusive praise.</li> <li>• Ask the staff member to reach out toward the dog as though to pat but without touching dog.</li> <li>• Right after they reach, commence a steady flow of chicken or other extremely high value food while the staff member keeps their hand out.</li> <li>• After 10 or so pieces, thank staff member and cease feeding as soon as they turn and exit the waiting room.</li> <li>• Exit and walk around the block.</li> <li>• Repeat 2 - 3 times, then go home.</li> </ul> |

| STEP |   | NOTES   |
|------|---|---|
| 4    | <ul style="list-style-type: none"> <li>• Enter clinic waiting room and sit down.</li> <li>• Request a staff member to approach you to 1 foot away.</li> <li>• As soon as the dog notices the staff member, commence effusive praise.</li> <li>• Give the staff member a bag of 10+ pieces of chicken to give to the dog.</li> <li>• Have the staff member hand-feed or toss chicken to the dog.</li> <li>• When the bag is finished, thank the staff member.</li> <li>• Exit and walk around the block.</li> <li>• Repeat 2 - 3 times, then go home.</li> </ul> |   |
| 5    | <ul style="list-style-type: none"> <li>• Enter clinic waiting room and sit down.</li> <li>• Request a staff member to approach and pat the dog.</li> <li>• As soon as the dog notices the staff member, commence effusive praise.</li> <li>• A couple of seconds after the patting starts, give 10+ pieces of chicken to the staff member to give to the dog.</li> <li>• After 10 or so pieces, thank staff member, exit and walk around the block.</li> <li>• Repeat 2 - 3 times, then go home.</li> </ul>   |   |
| 6    | <b>Repeat Step 5</b> until you have covered all clinic veterinarians and technicians.   | Drop back to Step 4 (or 3) if necessary for any particularly scary staff members. |
| 7    | <ul style="list-style-type: none"> <li>• Enter clinic waiting room, sit down, praise and feed one piece of chicken, then wait for 2 - 3 minutes.</li> <li>• Request visits in an exam room (no patting, just entering).</li> <li>• Proceed to an exam room and commence effusive praise and a steady flow of chicken 2 - 3 seconds after any staff member enters the room.</li> <li>• After 10+ pieces of chicken, thank the staff member and cease feeding and ignore dog after they exit the room.</li> <li>• Repeat 5 - 6 times, then go home.</li> </ul>    |   |
| 8    | <ul style="list-style-type: none"> <li>• Enter clinic waiting room, sit down, praise and feed one piece of chicken, then wait for 2 - 3 minutes.</li> <li>• Request exam room visits with hand-feeding.</li> <li>• Proceed to an exam room and commence effusive praise whenever a staff member enters room, then give a bag of 10+ pieces of chicken for staff member to hand-feed dog.</li> <li>• After the chicken is gone, thank the staff member and ignore the dog after they leave the room.</li> <li>• Repeat 5 - 6 times, then go home.</li> </ul>     |   |

| STEP |  | NOTES |
|------|--|-------|
| 9    | <ul style="list-style-type: none"> <li>• Enter clinic waiting room, sit down, praise and feed one piece of chicken, then wait for 2 - 3 minutes.</li> <li>• Request exam room visits with patting.</li> <li>• Proceed to an exam room and commence effusive praise whenever a staff member enters room.</li> <li>• After staff member commences patting dog, give them a bag of 10+ pieces of chicken to hand-feed.</li> <li>• After the chicken is gone, thank the staff member and ignore the dog after they leave the room.</li> <li>• Repeat 5 - 6 times, then go home.</li> </ul> |       |



**FINAL DESIRED BEHAVIOR:** Dog maintains sit-stay for walk-around distraction


| STEP |  | NOTES AND SPLITS  |
|------|--|---|
| 1    | With the dog in a sit, hold (“dangle”) treat about 1 - 2 feet from dog’s nose for one second                                       | Pull treat away if dog breaks sit to go towards treat. Re-position in a sit without reinforcement and quickly start another trial. Always deliver the treat to the dog in the sit position. They should eat in a sit. |
| 2    | Dangle treat for 3 seconds   |   |
| 3    | Place treat on ground in front of dog for 1 second   | Cover quickly if dog breaks stay. Re-set and start again.   |
| 4    | Place food on ground for 3 seconds   |   |
| 5    | Do steps 1 to 4 with you standing on the other side of your dog, so doing the dangle steps with your other hand.                   |   |
| 6    | Stand facing your dog. Take one step to the right. Quickly step back and feed your dog in a sit position.                          | If your dog shuffles their front feet or otherwise breaks their stay, this is a failed trial. Reset and start again.  |
| 7    | Now take two steps. Return to your start position and feed your dog in position if they stay sitting without shuffling their feet. |   |
| 8    | Three steps, then four, five, however many is needed to get the back of the dog.   |   |
| 9    | Walk all the way around.   |   |



**FINAL DESIRED BEHAVIOR:** Dog will stand-stay with her chin on a person's hand for 15 seconds on the floor at home and at the vet's office.

**INSTRUCTIONS:** Train, using the instructions below and carefully following the "how to train" document we provided.

## STEP

|   |   |
|---|---|
| 1 |  <p>Place your slightly cupped hand under dog's chin. While your hand stays in place, feed your dog.<br/><i>Repeat this step ten times before moving on.</i></p>   |
| 2 | <p>Same as step one, but with a firmer grasp of chin.<br/><i>Repeat this step ten times before moving on.</i></p>   |
| 3 | <p>Offer cupped hand and wait for dog to place chin on hand. Give the dog as long as they need.<br/><i>Split to luring your dog's nose onto your hand if needed.</i></p>  |
| 4 | <p>Station* for 2 seconds. Ensure your dog is always in a stand.</p>  |
| 5 | <p>Hold food treat about 6 inches to the side of your stationing hand (hold food and hand out at the same time). Wait for your dog to station for 1 second – he'll have to move away from the food treat to earn it. Ignore attempts to eat the treat.</p>  |
| 6 | <p>Repeat above, but dog must hold station for 2 seconds</p>  |
| 7 | <p>Station 2 seconds in all rooms of the house</p> <p><b>OPTIONAL:</b> If you'd like to add a verbal cue to this behavior, do so now. Follow this procedure exactly: say "Chin!" as the cue (or whichever cue you wish), then wait for a two seconds, then offer the hand signal (your cupped target hand). After your dog performs the station, reinforce with a treat. Over many repetitions, the cue will take meaning and you may use it to get the dog's attention and perform the behavior.</p> |

## STEP

|    |  |
|----|--|
| 8  | Station 1 second while out on a walk   |
| 9  | Station 2 seconds while out on a walk  |
| 10 | Station 1 second in veterinary waiting room<br><i>If your dog will not take treats at clinic, temporarily suspend working on this plan. You'll finish it after doing a later plan: Vet Clinic and Staff CER plan.</i>            |
| 11 | Station 2 seconds in veterinary waiting room   |
| 12 | Station 1 second in veterinary exam room   |
| 13 | Station 2 seconds in veterinary exam room  |
| 14 | <b>OPTIONAL:</b> If you wish, you can start adding duration to the station in the clinic exam room. Use the following increments: 10 seconds, 20 seconds, 30 seconds; feeding every ~2 or 3 seconds.                             |
| 15 | <b>OPTIONAL:</b> If you wish, you can add duration without the flow of treats. Follow the standard training method and use the following steps: 5 seconds, 10 seconds, 20 seconds. Start at home, and then repeat in the clinic. |

\*When we say "station", we are referring to the dog being in the correct position, a loose stand-stay, and having her chin on your palm.







**FINAL DESIRED BEHAVIOR:** Dog will stand-stay with their muzzle in a hand-tunnel on the floor in a veterinary exam room and on the scale, for 5 seconds.

**INSTRUCTIONS:** Train, using the instructions below and carefully following the “how to train” document we provided.

**GLOSSARY:** Pay means reinforce. Position Pay means reinforce your dog when he is in the desired position for that step, not after he takes his nose out or sits. Target means your dog must touch the target (your cupped hand) with his nose. Station for this plan means the dog is both standing and his nose is in the cupped target.

## STEP

|   |  |  |
|---|--|--|
| 1 |   | <p>Lure your dog’s nose into the tunnel you make with your hand. Once his nose is in the tunnel, release the treat to “pay” him</p> <p><i>Possible splits: tunnel flatter, or hovering higher.</i></p> |
| 2 |   | <p>Dog puts nose into tunnel without being lured, position pay (if he targets the tunnel briefly, lure him back in to reinforce this behavior before starting another repetition)</p>                  |
| 3 | <p>Station for 2 seconds, always in a stand</p>  |  |
| 4 | <p>Hold food treat about 6 inches to the side of your stationing hand (hold food and hand out at the same time). Wait for your dog to station for 1 second – he’ll have to move away from the food treat to earn it. Ignore attempts to eat the treat.</p> <p><i>Possible splits include having the treat closer or further away, having the treat more hidden in a fist, and so on.</i></p>   |  |
| 5 | <p>Station 2 seconds in all rooms of the house</p> <p><b>OPTIONAL:</b> If you’d like to add a verbal cue to this behavior, do so now. Follow this procedure exactly: say “Station!” as the cue, then wait for two seconds, then offer the hand signal (your cupped target hand). After your dog performs the station, reinforce with a treat. Over many repetitions, the cue will take meaning and you may use it to get the dog’s attention and perform the behavior.</p> |  |
| 6 | <p>Station 1 second while out on a walk</p>  |  |
| 7 | <p>Station 2 seconds while out on a walk</p>   |  |

## STEP

|    |  |
|----|--|
| 8  | Station 10 seconds at home, giving the dog a treat every 2 seconds.  |
| 9  | Station 1 second in veterinary waiting room<br><br>If you dog will not take treats at clinic, temporarily suspend working on this plan. You'll finish it after doing a later plan: Vet Clinic and Staff CER plan.                |
| 10 | Station 2 seconds in veterinary waiting room   |
| 11 | Station 1 second in veterinary exam room (on floor)  |
| 12 | Station 2 seconds in veterinary exam room (on floor)   |
| 13 | Station 5 seconds in the exam room   |
| 14 | Station 5 seconds on scale in veterinary exam room<br><br><i>Possible splits: luring dog onto scale, or only part way on to scale, providing treats every few seconds, and so on</i>   |
| 15 | <b>OPTIONAL:</b> If you wish, you can start adding duration to the station in the clinic exam room. Use the following increments: 10 seconds, 20 seconds, 30 seconds; feeding every ~2 or 3 seconds.                             |
| 16 | <b>OPTIONAL:</b> If you wish, you can add duration without the flow of treats. Follow the standard training method and use the following steps: 5 seconds, 10 seconds, 20 seconds. Start at home, and then repeat in the clinic. |

# LATERAL RECUMBENCY

## STATION ON FLOOR

**FINAL DESIRED BEHAVIOR:** Dog will hold still in “lateral recumbency” (on his side) for a muzzle-target for 10 seconds on the floor in a veterinary exam room, with treats being fed every few seconds.

**PRE-REQUISITES:**


1. Dog should already lie down on cue for either a hand-signal or verbal cue, and,
2. Have trained the Stand-Stay Station plan, up to being able to do the station on walks.



**INSTRUCTIONS:** Train, using the instructions below and carefully following the “how to train” document we provided.

**GLOSSARY:** Pay means reinforce. Position Pay means reinforce your dog when he is in the desired position for that step, not after he gets up. LR or Lateral recumbency means the dog fully on his side. Target means your dog must touch the target (your cupped hand) with his nose.

### STEP

|   |  |   |
|---|--|---|
| 1 | With dog in a down, lure nose around to top hip until he rolls onto his bottom hip.<br>(If dog natural rolls onto one hip every time when he lies down, skip this step.)   |  |
| 2 | With dog down on one hip, lure nose to top shoulder so that dog tucks bottom elbow.<br>Remember to always position pay (feed your dog in the desired position—here, with his elbow tucked—) on all steps in this plan.   |   |
| 3 | With dog down on one hip, lure nose to top shoulder and then behind dog so dog rolls completely onto side (full lateral recumbency “LR”).  |   |
| 4 | Lure dog into LR with a faster motion and feed at one second intervals (continuously) for 10 seconds OR until dog rolls back out of position.  |   |
| 5 | Signal dog into LR with empty hand (no lure), paying as soon as dog hits the LR position. Then ask him to nose target your cupped hand. Your hand shape should be the same as you used in the stand-stay plan, with your hand about half to one inch forward from his nose (so he has to stretch a bit). Then wait for dog to nose-target while in LR: pay when he does. From now on in this plan, we will use “hand signal a station” or just “station” to refer to you putting your cupped hand out for your dog to target with his nose.<br><br><i>Possible split: lure dog’s nose into target.</i> |   |

## STEP

|    |   |
|----|---|
| 6  | Signal dog into LR, hand signal a station one inch (for small dogs) to two inches (medium and large dogs) in front of his nose on the floor and wait for dog to nose-target while in LR (it's okay if he has to stretch a bit – this should resemble how a dog looks when being x-rayed): pay when he puts his nose in the target.  |
| 7  | Practice LR and station game in all rooms of the house, especially where there are different surfaces: rugs, different floors, on blankets, on beds etc.  |
| 8  | LR station for 1 second in a novel location (indoors or outdoors): drop back to lure if necessary.  |
| 9  | LR station for 3 seconds (at home).   |
| 10 | LR station at home for 10 seconds, feeding every 2 seconds.   |
| 11 | <p>LR (Not in “station”, so just with dog laying in LR) for 1 second for signal or lure, as needed, in veterinary clinic waiting room.</p> <p>If dog will not eat or lie down at clinic, temporarily suspend LR training. You'll finish this plan after doing a later plan: Vet Clinic and Staff CER plan.</p> <p><i>Suggested split: Practice down and roll onto hip in veterinary clinic waiting room</i></p> |
| 12 | LR (not stationing) for 1 second for signal or lure, as needed, in veterinary clinic exam room.   |
| 13 | LR (not stationing) and feed at one second intervals (continuously) for 10 seconds OR until dog rolls back out of position.   |
| 14 | In clinic exam room, signal dog into LR and hand signal a station one-two inches from nose and wait for dog to nose-target while in LR: pay when he does.   |
| 15 | In exam room, signal dog into LR and hand signal a station for 10 seconds, feeding dog every 2 seconds.   |
| 16 | <b>OPTIONAL:</b> If you wish, you can start adding more duration to the LR in the clinic exam room. Use the following increments: for 15 seconds, 20 seconds, 30 seconds, feeding every ~2 seconds.   |
| 17 | <b>OPTIONAL:</b> If you wish, you can add duration without the flow of treats. Follow the standard training method and use the following steps: 5 seconds, 10 seconds, 20 seconds. Start at home, and then repeat in the clinic.  |

# EXAM TABLE CER

## NAÏVE SUBJECT



**GOAL:** Dog is happy and relaxed when put on an exam table at the veterinarian.

**INSTRUCTIONS:** Train, using the instructions below and carefully following the “how to train” document we provided.

If dog is too large for one person to lift, you have two options. One is to skip this plan and all plans on the table. The other option is to train your dog to jump up on a table. Find this plan below on page 3.

***If dog is too fearful to eat on table, please switch to: Exam Table CER for Fearful Subject, which you will find below starting on page 4.***

| STEP  |  | NOTES  |
|---|--|--|
| <b>Preparation: Use a grooming table or prepare a waist-level non-wobbly table with a non-slip bathmat for secure footing</b> |  |  |
| 1   | <ul style="list-style-type: none"> <li>Lift dog onto table</li> <li>Commence very effusive praise</li> <li>Give 6 - 10 pieces of chicken or other very high value food one piece after another (5 - 10 seconds)</li> <li>Lift dog off table and ignore dog</li> <li>Do next rep later in day (avoid multi-rep sessions if possible for all steps)</li> </ul> | Repeat several times per day until dog: <ul style="list-style-type: none"> <li>Gets on or tries to get on table himself between trials</li> <li>Salivates or has evident +CER when on table (e.g. orients to food source, wags, has “expectant” look)</li> </ul> |
| 2   | <ul style="list-style-type: none"> <li>Lift dog onto table</li> <li>Praise effusively for a count of 5 seconds</li> <li>Give 6 - 10 pieces of chicken or other very high value food one piece after another (5 - 10 seconds)</li> <li>Lift dog off table and ignore dog</li> </ul>   | Repeat several times per day<br>If dog does not readily eat, repeat Step 1   |
| 3   | <ul style="list-style-type: none"> <li>Lift dog onto table</li> <li>Praise effusively for a count of 5 seconds</li> <li>Give 2 - 3 pieces of chicken or other very high value food</li> <li>Lift dog off table and ignore dog</li> </ul>   | Repeat several times per day   |
| 4   | <ul style="list-style-type: none"> <li>Lift dog onto table</li> <li>Commence effusive praise</li> <li>Give 6 - 10 pieces of chicken on different places on table so that dog must move around to collect</li> <li>Lift dog off table and ignore dog</li> </ul>   | <ul style="list-style-type: none"> <li>If dog does not readily eat, repeat Steps 2 and 3</li> <li>Use your body and arms as “walls” to ensure dog does not fall off table as he rummages for food</li> <li>Repeat several times per day</li> </ul>               |

| STEP |   | NOTES   |
|------|---|---|
| 5    | <b>Repeat Steps 1 - 4</b> at a friend's house or other location unfamiliar to dog and on a novel table<br>(prepare table to render it non-skid) | Be sure to re-commence at Step 1 (don't be pushy!).   |
| 6    | Repeat Steps 1 - 4 at your veterinarian when the dog does not need an exam or other procedure (training visit only)                             | Be sure to re-commence at Step 1 (don't be pushy!)<br>If dog will not eat, please stop training this plan until after you train the Vet Clinic and Staff CER plan, at a later date. |

# EXAM TABLE DRI

## LARGE SUBJECT

**CAVEAT:** You should only do this optional plan if it will be safe and comfortable for your dog. Use a low, sturdy table such as a coffee table. Use a non-slip mat on the table, and ensure the floor surface is also appropriate and non-slip. This is an optional plan for dogs who are too large for their owners to lift.

| STEP |   |
|------|---|
| 1    | Lure your dog with a treat to put both front feet are on the table  |
| 2    | Lure your dog fully on to the table. Feed on the table, then prompt off   |
| 3    | Hand signal your dog on to the table, feeding from your other hand  |
| 4    | Continue with the CER plan above, starting with step 1, but instead of lifting, cue your dog to jump on the table with the hand-signal, and prompt him to jump down instead of lifting off. Do the vet steps only if the table at the vets' office can be lowered |

# EXAM TABLE CER

## FEARFUL SUBJECT

| STEP |  | NOTES  |
|------|--|--|
| 1    | <ul style="list-style-type: none"> <li>Lift dog onto his own bed</li> <li>Praise effusively for 2 - 3 seconds</li> <li>Feed 2 - 3 pieces of chicken or very high value food</li> <li>Lift dog off bed and ignore dog</li> </ul>  | Repeat several times per day until dog: <ul style="list-style-type: none"> <li>Gets on his bed expectantly between trials</li> <li>Salivates or has evident +CER when lifted onto his bed (e.g. orients to food source, wags, has "expectant" look)</li> </ul>   |
| 2    | <ul style="list-style-type: none"> <li>Put dog's bed on a sofa or your bed (for height)</li> <li>Lift dog onto his bed</li> <li>Praise effusively and give 6 - 10 pieces of chicken or other very high value food one piece after another (5 - 10 seconds)</li> <li>Lift dog off bed and ignore dog</li> </ul>   | Repeat several times per day until dog: <ul style="list-style-type: none"> <li>Gets on his bed and/or the sofa or bed (elevated surface) expectantly between trials</li> <li>Salivates or has evident +CER when lifted onto his bed (e.g. orients to food source, wags, has "expectant" look)</li> </ul> |
| 3    | <ul style="list-style-type: none"> <li>Put dog's bed on a coffee table or other non-wobbly table that is about knee-high and will take dog's weight</li> <li>Lift dog onto his bed</li> <li>Praise effusively and give 6 - 10 pieces of chicken or other very high value food one piece after another (5 - 10 seconds)</li> <li>Lift dog off bed and ignore dog</li> </ul> | Repeat several times per day until dog: <ul style="list-style-type: none"> <li>Gets on his bed and/or attempts to get on table expectantly between trials</li> <li>Salivates or has evident +CER when lifted onto his bed (e.g. orients to food source, wags, has "expectant" look)</li> </ul>           |
| 4    | <ul style="list-style-type: none"> <li>Lift dog onto table from Step 3 (without bed on table) but with a non-slip bathmat or other secure footing</li> <li>Praise effusively and give 6 - 10 pieces of chicken on different places on table so that dog must move around to collect</li> <li>Lift dog off table and ignore dog</li> </ul>                                  | Repeat several times per day until dog: <ul style="list-style-type: none"> <li>Gets on his bed and/or attempts to get on table expectantly between trials</li> <li>Salivates or has evident +CER when lifted onto his bed (e.g. orients to food source, wags, has "expectant" look)</li> </ul>           |
| 5    | <b>Switch to Table CER Plan beginning on page 1</b>  |  |





**FINAL DESIRED BEHAVIOR:** Dog will stand-stay for a muzzle-target for 5 seconds on a table at home.

**PRE-REQUISITES:**

1. Table CER
2. Stand-Stay Station on Floor

**INSTRUCTIONS:** Train, using the plan below. Use a grooming table or prepare a waist-level non-wobbly table with a non-slip bathmat for secure footing.

| STEP |  |
|------|--|
| 1    | With dog on table, practice nose tunnel stationing without a lure, always paying in position (even if you have to re-lure him back into the tunnel)<br><br><i>Split to lure if needed.</i> |
| 2    | Station on table for 2 seconds, always in a stand  |
| 3    | Station on table for 5 seconds   |
| 4    | <b>OPTIONAL:</b> If you wish, you can start adding duration to the station. Use the following increments: 10 seconds, 20 seconds, 30 seconds; feeding every ~2 or 3 seconds                |
| 5    | <b>OPTIONAL:</b> If you wish, you can add duration without the flow of treats. Follow the standard training method and use the following steps: 5 seconds, 10 seconds, 20 seconds          |

# LATERAL RECUMBENCY STATION ON TABLE



**FINAL DESIRED BEHAVIOR:** Dog will hold still in lateral recumbency for a muzzle target for 5 seconds on a waist-high table at home.

**PRE-REQUISITES:** 1) LR station on floor plan to at least Step 10, and  
2) Table CER and/or Stationing on Table.

**INSTRUCTIONS:** Train, using the plan below. Use a grooming table or prepare a waist-level non-wobbly table with a non-slip bathmat for secure footing.

| STEP |  |
|------|--|
| 1    | Practice down (not LR yet) on table, from either a stand or a sit, per dog's comfort.<br><i>Split to lure if necessary</i>   |
| 2    | Lure dog onto table and into LR (not stationing, just lying on side) for one second.   |
| 3    | Signal (empty hand) dog on table into LR (not stationing, just lying on side) for one second.  |
| 4    | Signal dog into LR on table and hand signal for station for one second before paying.  |
| 5    | Station in LR on table for 2 seconds.  |
| 6    | Station in LR on table for 5 seconds.  |
| 7    | <b>OPTIONAL:</b> If you wish, you can start adding duration to the station. Use the following increments: 10 seconds, 20 seconds, 30 seconds; feeding every ~2 or 3 seconds.       |
| 8    | <b>OPTIONAL:</b> If you wish, you can add duration without the flow of treats. Follow the standard training method and use the following steps: 5 seconds, 10 seconds, 20 seconds. |

# IMPLEMENT CER



**GOAL:** Dog is happy and relaxed when the implement touches his body for 5 seconds on the body part it is used for BUT without restraint or actual procedure.

**INSTRUCTIONS:** Train, using the plan below. As with all CER training, remember to wear a loaded treat pouch for at least half an hour before starting, or for random periods during the day, without giving any.

| STEP   | NOTES  |
|--|--|
| <p><b>PREPARATION:</b> Borrow or purchase one or more of the following implements, based on the needs of the dog: syringe, alcohol (or samples of antiseptics used at clinic) and gauze, otoscope, ophthalmoscope, thermometer, clippers, suture removal scissors, toothbrush, nail-clippers, stethoscope, anaesthetic mask and small nasal spray bottle with saline or safe nasal spray. You can also find realistic toy versions.</p>  |  |
| <p>1</p> <ul style="list-style-type: none"> <li>Hide implement from dog (in pocket, bag or in clothing) and prep chicken or other very high value food</li> <li>Spend time weakening predictive power of smell of food, bag crinkle and bait bag by hanging out with dog for 3+ min</li> <li>Bring out implement in hand and let dog see and sniff it for 2 - 3 seconds</li> <li>Commence very effusive praise and then give 5 - 6 pieces of chicken while implement is still out</li> <li>Put away implement and stop flow of chicken</li> <li>Repeat 5 - 6 times with random time (1 - 3 minutes) between</li> </ul> | <p>If dog is too fearful and will not eat, drop to placing implement on floor with chicken sprinkled around it several times a day for 2 - 3 days, then commence Step 1.</p> |
| <p>2</p> <ul style="list-style-type: none"> <li>Repeat Step 1 but now touch dog's back with implement (or other neutral body part away from where implement is used) before commencing flow of praise and chicken</li> <li>Keep implement on dog for 5 seconds while he eats and remove it before he finishes last bit of chicken</li> </ul>   |  |
| <p>3</p> <ul style="list-style-type: none"> <li>Repeat Step 1 but now touch dog on correct body part with implement before commencing flow of praise and chicken</li> <li>Keep implement on dog for 5 seconds while he eats and remove it before he finishes last bit of chicken</li> </ul>  |  |



**FINAL DESIRED BEHAVIOR:** Dog stations in a stand while trainer brushes teeth. Toothpaste is not required.

**PRE-REQUISITE:** Stand-stay station on floor to step 16.

**NOTE:** This plan starts out as a CER plan (see CER hand-out to refresh your memory, if needed). On Step 4, it switches to a regular training plan, where your dog will need to be staying in a loose “stand” behavior to earn the treat.

|   | EXTRA INSTRUCTIONS  | "IT" (WHAT WE WANT THE DOG TO LIKE)                 | WHAT FOLLOWS "IT"                                      | SUGGESTIONS AND SPLITS  |
|---|---|---|--|---|
| 1 | Alternate presenting toothbrush with other objects of similar size.                       | Toothbrush (without paste) held out for 10 seconds  | Happy talk and high value bait one piece after another | Start feeding after 2 seconds. Continue feeding until toothbrush put away                   |
| 2 | Vary the time between trials 0 – 30 seconds.  | Toothbrush touches face for 5 seconds               | Ditto  | Start feeding after 2 seconds. Feed 3 – 4 pieces, then stop feeding and put toothbrush away |
| 3 | <i>Optional step: if using toothpaste</i><br>Vary the time between trials 0 – 30 seconds. | Toothbrush with paste on it held out for 10 seconds | Happy talk and high value bait one piece after another | Start feeding after 2 seconds. Continue feeding until toothbrush put away                   |

**Switch to regular (not CER) training: dog must stay in a loose stand-stay to earn treat. The same rules apply (push on five right in a row, drop on three wrong in a row)**

| STEP |  | NOTES  | SPLITS   |
|------|--|--|--|
| 4    | 2-hand 1-second lip lift                                   |  |  |
| 5    | 2-hand 2-second lip lift                                   |  |  |
| 6    | Lift lip and touch brush to upper tooth briefly            |  |  |
| 7    | Lift lip and touch brush to upper teeth/gums for 2 seconds |  |  |
| 8    | Restrain muzzle and brush one quadrant briefly             | Happy talk during and high value treats after brushing | Split to brushing with meat baby food or other soft treat instead of toothpaste if necessary |
| 9    | Brush another quadrant                                     | Ditto  | Ditto  |
| 10   | Brush third quadrant                                       | Ditto  | Ditto  |
| 11   | Brush final quadrants                                      | Ditto  | Ditto  |
| 12   | Brush two quadrants  | Ditto  | Ditto  |
| 13   | Brush all quadrants  | Ditto  | Ditto  |

# STAND STATION FOR EYE, EAR, NOSE, MOUTH AND HEAD EXAM AND PROCEDURES




**FINAL DESIRED BEHAVIOR:** Dog stations in a stand while trainer or vet examines eyes, ears, lymph nodes and mouth, then inserts a pill and liquid meds into mouth, then eye drops, then touches outer portion of ear with a (dry) dropper bottle.

For all eye, ear and tooth steps, please do **both** sides.

**NOTE:** Many of these procedures require both hands, so first get the station, then leave him in a loose stand-stay to do the operations.

**PRE-REQUISITE:** Stand-stay station on floor to step 8.

## GEAR YOU WILL NEED:

-  Lubricating eye drops (not "red out" kind)
-  Syringe
-  Chicken broth
-  Fish oil capsules

| AREA                  |      | OPERATION  | DURATION  | NOTES AND SPLITS |
|-----------------------|------|--|-----------|------------------|
| <b>Eyes: Eye Exam</b> |      |  |           |                  |
| 1                     | Eyes | Grasp dog's underjaw with one hand and rest your other hand on top of dog's head, with thumb ready to pull back top eyelid | 2 seconds |                  |
| 2                     | Eyes | Now gently pull back top eyelid  | 2 seconds |                  |
| 3                     | Eyes | Now pull back both upper and lower lid with both thumbs  | 2 seconds |                  |
| 4                     | Eyes | Now pull lids, move your head closer and look into eye   | 2 seconds |                  |

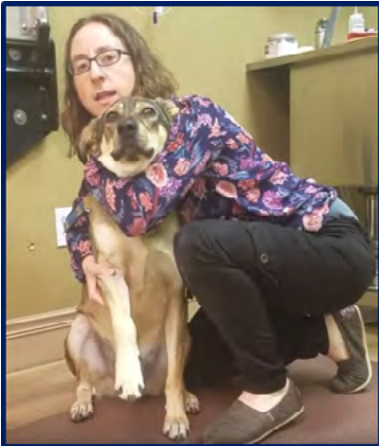
| AREA  |                    | OPERATION   | DURATION  | NOTES AND SPLITS  |
|---|--------------------|---|-----------|---|
| <b>Ears: Ear Exam</b>                         |                    |   |           |   |
| 5   | Ears               | Touch ear with two hands  | 2 seconds |   |
| 6   | Ears               | Flip ear open with two hands  | 2 seconds |   |
| 7   | Ears               | Flip ear open, move your head close and look into ear                 | 2 seconds |   |
| <b>Lymph Nodes</b>                            |                    |   |           |   |
| 8   | Neck (lymph nodes) | Palpate with two hands dog's neck from jaw to shoulders               | 5 seconds |   |
| <b>Mouth: Examining Teeth</b>                 |                    |   |           |   |
| 9   | Mouth              | With dog in muzzle station, grasp under-jaw with other hand           | 2 seconds |   |
| 10  | Mouth              | Now lift lip to expose canine tooth (both sides)                      | 1 second  |   |
| 11  | Mouth              | Same for longer   | 3 seconds |   |
| 12  | Mouth              | Now move your head closer and examine tooth                           | 3 seconds |   |
| 13  | Mouth              | Pull lip back horizontally and examine back teeth                     | 2 seconds |   |
| <b>Mouth: opening for exam and medicating</b> |                    |   |           |   |
| 14  | Mouth (gator)      | With dog in muzzle station, use other hand to open mouth              | 1 second  | Open mouth to insert treat.   |
| 15  | Mouth (gator)      | Now open mouth wider and look at tongue                               | 2 seconds | Then insert treat.  |
| 16  | Mouth (gator)      | Now open mouth, depress tongue and look down throat                   | 2 seconds | Then insert treat.  |
| 17  | Mouth (pill)       | Open mouth, insert small fish oil capsule, then insert treat          | Per pill  | Dogs 40lbs or less should not be more than 500 mg [combined EPA and DHA] per day. For uber-smalls give only 2-3 times a week. |
| 18  | Mouth (syringe)    | Show dog syringe full of chicken broth, then let dog lick, then treat | 5 seconds |   |

| AREA                                 |   | OPERATION  | DURATION      | NOTES AND SPLITS                        |
|--------------------------------------|---|--|---------------|---|
| 19                                   | Mouth (liquid med)                      | Open pouch on side of mouth, squirt in chicken broth with syringe  | Per squirt    | Treat after squirt                      |
| <b>Eyes: Medicating</b>              |   |  |               |   |
| 20                                   | Eyes (CER step)                         | Grasp dog's underjaw as in Step 1 and, with other hand, show dog bottle of eye drops (lubricating kind – no "red out" kind please)   | 2 seconds     | 1 – 4 reps per day with massive pay-off |
| 21                                   | Eyes (CER step)                         | Repeat Step 20 with bottle held near dog's eye   | 2 seconds     | 1 – 4 reps per day with massive pay-off |
| 22                                   | Eyes (back to training in a stand-stay) | Now dispense one drop onto top of dog's head   | Per operation |   |
| 23                                   | Eyes                                    | Now dispense one drop into dog's eye   | Per operation |   |
| <b>Ears: Medicating</b>              |   |  |               |   |
| 24                                   | Ears                                    | Flip ear open with one hand, then show dog bottle of eye drops   | 2 seconds     |   |
| 25                                   | Ears                                    | Flip ear open with one hand, then touch closed bottle of eye drops to top of dog's head  | Per operation |   |
| 26                                   | Ears                                    | Flip ear open with one hand, then touch the nozzle end of the closed bottle of eye drops to inner portion of ear flap  | Per operation |   |
| 27                                   | Ears                                    | Flip ear open with one hand, then, with eye drop bottle near your own eye, touch it to inner portion of ear flap as though using it to look into dog's ear (do not insert in ear)            | Per operation |   |
| <b>Nose: Intra-nasal vaccination</b> |   |  |               |   |
| 28                                   | Nose (intra-nasal vax)                  | With dog in muzzle station, slip target hand around to hold mouth closed and lift nose slightly. Hold syringe across palm in other hand with thumb on plunger. Touch syringe tip to nostril. | Per touch     | Alternate nostrils each rep             |



| AREA                                       |                        | OPERATION  | DURATION   | NOTES AND SPLITS   |
|--|------------------------|--|------------|--|
| 29   | Nose (intra-nasal vax) | Put a few mL of eyedrop solution into syringe. Hold dog's mouth closed as for step 20; squirt the solution into the dog's nose.  | Per squirt | There's no way around the fact that dogs will initially find this startling. However, most dogs quickly adapt. Trial one and two may be a bit of an adventure, but we encourage you to continue training with your eye on the goal of having a dog comfortable and even enjoying nasal vaccinations. If your dog leaves the training spot and won't return, is getting suspicious of training, and so on, please skip this step and add in your notes that you did so. |
| <b>Bringing it all together: full exam</b> |                        |  |            |  |
| 30   | Exam Style             | Do the following exam steps in a row, on floor and table:<br><ul style="list-style-type: none"> <li>- Pull on eyelids, move your head close to your dog and look into eye</li> <li>- Flip ear open, move your head close and look into ear</li> <li>- Palpate with two hands dog's neck from jaw to shoulders</li> <li>- Now lift lip to expose canine tooth (both sides)</li> <li>- Pull lip back horizontally and examine back teeth</li> <li>- Open mouth, depress tongue and look down throat</li> </ul> | Per exam   | Big pay-off at end.  |
| 31   | Clinic                 | Repeat exam steps at veterinary clinic   |            | Split back as needed.  |
| 32   | Veterinarian           | Book appointment: veterinarian does exam steps (okay to add body exam items in same appointment if you have completed plan steps for these)  |            | Split back as needed.  |

# RESTRAINT HUG



**GOAL:** Dog will stand while restrained in a hug by the owner or a vet tech with his forelimb held out for blood draw.

**PREREQUISITE:** Stand-Stay Station up to Step 8.

**YOU WILL NEED:**



Helper

| OPERATION |   | DURATION   |
|-----------|---|------------|
| 1         | With dog stationed in a stand, or sitting, kneel in front of dog  | 1 second   |
| 2         | Kneel to side of dog and place hands on dog's shoulders   | 1 second   |
| 3         | Ditto (see duration increase)   | 5 seconds  |
| 4         | Kneel to side of dog and wrap arms around dog's upper torso   | 2 seconds  |
| 5         | Do the same but more firmly – restrain dog in a hug   | 2 seconds  |
| 6         | Now grasp above elbow with one hand while doing a gentle head lock with the other hand, like dog in photo above | 2 seconds  |
| 7         | Ditto   | 5 seconds  |
| 8         | Ditto   | 10 seconds |
| 9         | Have a new person repeat steps 8 and 9 (if possible, vet tech or other clinic staff at clinic)                  | per step   |
| 10        | Have one more new person repeat steps 8 and 9 (if possible, vet tech or other clinic staff at clinic)           |            |

# STAND-STATION FOR BODY EXAM, TEMPERATURE AND VACCINATIONS (PLAN A)



**FINAL DESIRED BEHAVIOR:** Dog stations in a stand while trainer, vet or vet tech palpates lymph nodes and abdomen, listens to heart, lungs and gut, takes temperature and gives a vaccination in shoulder, between scapulae or in rear.

**NOTE:** Please do both sides for lymph nodes palpation, listening to lungs and vaccination steps. If you need both hands, a loose stand-stay is okay instead of a formal station-in-muzzle-tunnel. For dogs who find body handling worrisome, refer to the separate plan for fearful dogs.

**PRE-REQUISITE:** Stand-Stay Station on Floor to Step 8.

### GEAR YOU WILL NEED:



| AREA   |                    | OPERATION  | DURATION  |
|--|--------------------|--|-----------|
| Thermometer CER: While working plan up until temperature taking, present lubricated thermometer once a day and feed feed feed! |                    |  |           |
| <b>Lymph nodes: armpit</b>   |                    |  |           |
| 1  | Armpit lymph nodes | With dog stationed in a stand, palpate armpit with one hand<br><i>Possible split: reduce duration.</i> | 5 seconds |
| <b>Lymph nodes: groin</b>  |                    |  |           |
| 2  | Groin lymph nodes  | With dog stationed in a stand, palpate groin area with one hand  | 5 seconds |

| AREA  |                      | OPERATION  | DURATION   |
|---|----------------------|--|------------|
| <b>Abdomen palpation</b>  |                      |  |            |
| 3   | Abdomen              | Now palpate abdomen deeply<br><i>Split to less invasive palpation if needed.</i>                           | 5 seconds  |
| <b>Auscultation (listening using stethoscope) of chest and abdomen, with mouth gently held closed</b> |                      |  |            |
| 4   | Muzzle - stethoscope | Wearing stethoscope, wrap stationing hand around muzzle to keep mouth closed                               | 5 seconds  |
| 5   | Muzzle - stethoscope | While mouth is closed, place bell of stethoscope on dog's ribs   | 5 seconds  |
| 6   | Muzzle - stethoscope | Move stethoscope around to "listen" to both lungs  | 10 seconds |
| 7   | Muzzle - stethoscope | Now listen to dog's abdomen  | 10 seconds |
| <b>Vaccination: on outside of shoulders</b>   |                      |  |            |
| 8   | Shoulders            | Squeeze skin of shoulder to make a small vaccination "tent"  | 2 seconds  |
| 9   | Shoulders            | Squeeze more to make a larger "tent"   |            |
| 10  | Shoulders            | Poke vaccination tent with syringe without breaching skin<br><i>Split to less invasive poke if needed.</i> | 1 second   |
| <b>Vaccination: between shoulder blades</b>   |                      |  |            |
| 11  | Withers              | Repeat Steps 8-10 between shoulder blades  |            |
| <b>Vaccination: thigh</b>   |                      |  |            |
| 12  | Rear thigh           | Repeat Steps 8-10 on each upper thigh  |            |
| <b>Temperature: rectal</b>  |                      |  |            |
| 13  | Rear and tail        | With dog stationed in a stand, grasp base of dog's tail firmly   | 2 seconds  |



| <b>AREA</b> |               | <b>OPERATION</b>   | <b>DURATION</b> |
|-------------|---------------|--|-----------------|
| 14          | Rear and tail | Ditto  | 5 seconds       |
| 15          | Rear and tail | Now lift tail slightly   | 2 seconds       |
| 16          | Rear and tail | Ditto  | 5 seconds       |
| 17          | Rear and tail | With tail lifted, show dog thermometer (lubricated)                | 2 seconds       |
| 18          | Rear and tail | With tail lifted, touch thermometer to dog's upper thigh           | 2 seconds       |
| 19          | Rear and tail | With tail lifted, touch thermometer to dog's rear (next to rectum) | 2 seconds       |
| 20          | Rear and tail | Ditto  | 5 seconds       |
| 21          | Rear and tail | Insert thermometer 1 inch (large dog) or 1/2 inch (small dog)      | 1 second        |
| 22          | Rear and tail | Ditto  | 2 seconds       |
| 23          | Rear and tail | Insert thermometer 1.5 to 2 inches (large) or 1 inch (small dog)   | 2 seconds       |
| 24          | Rear and tail | Ditto  | 5 seconds       |

# STAND-STATION FOR BODY EXAM, TEMPERATURE AND VACCINATIONS (PLAN B)



**FINAL DESIRED BEHAVIOR:** Dog stations in a stand while trainer, vet or vet tech palpates lymph nodes and abdomen, listens to heart, lungs and gut, takes temperature and gives a vaccination in shoulder, between scapulae or in rear.

**NOTE:** Please do both sides for lymph nodes palpation, listening to lungs and vaccination steps. If you need both hands, a loose stand-stay is okay instead of a formal station-in-muzzle-tunnel.

*This plan is specifically designed for dogs who find body handling worrisome. If your dog is comfortable with handling, refer to Plan A.*

**PR E-REQUISITE:** Stand-Stay Station on floor to Step 8.

### GEAR YOU WILL NEED:



| AREA   |                    | OPERATION   | DURATION  |
|--|--------------------|---|-----------|
| Thermometer CER: While working plan up until temperature taking, present lubricated thermometer once a day and feed feed feed! |                    |   |           |
| <b>Lymph nodes: armpit</b>   |                    |   |           |
| 1  | Armpit lymph nodes | With dog stationed in a stand, palpate armpit with one hand     | 2 seconds |
| 2  | Armpit lymph nodes | Ditto (see duration increase)                                   | 5 seconds |
| <b>Lymph nodes: groin</b>  |                    |   |           |
| 3  | Groin lymph nodes  | With dog stationed in a stand, palpate groin area with one hand | 2 seconds |

| AREA  |                      | OPERATION  | DURATION   |
|---|----------------------|--|------------|
| 4   | Groin lymph nodes    | Ditto  | 5 seconds  |
| <b>Abdomen palpation</b>  |                      |  |            |
| 5   | Abdomen              | Now palpate abdomen not very deeply  | 5 seconds  |
| 6   | Abdomen              | Now palpate abdomen deeply   | 5 seconds  |
| <b>Auscultation (listening using stethoscope) of chest and abdomen, with mouth gently held closed</b> |                      |  |            |
| 7   | Muzzle - stethoscope | Wearing stethoscope, wrap stationing hand around muzzle to keep mouth closed | 2 seconds  |
| 8   | Muzzle - stethoscope | Ditto  | 5 seconds  |
| 9   | Muzzle - stethoscope | While mouth is closed, place bell of stethoscope on dog's ribs               | 2 second   |
| 10  | Muzzle - stethoscope | Ditto  | 5 seconds  |
| 11  | Muzzle - stethoscope | Move stethoscope around to "listen" to both lungs                            | 10 seconds |
| 12  | Muzzle - stethoscope | Now listen to dog's abdomen  | 10 seconds |
| <b>Vaccination: on outside of shoulders</b>   |                      |  |            |
| 13  | Shoulders            | Squeeze skin of shoulder to make a small vaccination "tent"                  | 2 seconds  |
| 14  | Shoulders            | Squeeze more to make a larger "tent"   | 2 seconds  |
| 15  | Shoulders            | Gently poke vaccination tent with syringe (don't breach skin)                | 1 second   |



| <b>AREA</b>                                 |               | <b>OPERATION</b>   | <b>DURATION</b> |
|---|---------------|--|-----------------|
| 16  | Shoulders     | Poke a tiny bit harder (still not breaching skin)                  | 1 second        |
| <b>Vaccination: between shoulder blades</b> |               |  |                 |
| 17  | Withers       | Repeat Steps 13 – 16 between shoulder blades                       |                 |
| <b>Vaccination: thigh</b>                   |               |  |                 |
| 18  | Rear thigh    | Repeat Steps 13 – 16 on each upper thigh                           |                 |
| <b>Temperature: rectal</b>                  |               |  |                 |
| 19  | Rear and tail | With dog stationed in a stand, grasp base of dog's tail gently     | 1 second        |
| 20  | Rear and tail | Now grasp a tiny bit more firmly                                   | 1 second        |
| 21  | Rear and tail | Ditto  | 2 seconds       |
| 22  | Rear and tail | Ditto  | 5 seconds       |
| 23  | Rear and tail | Now lift tail slightly   | 2 seconds       |
| 24  | Rear and tail | Ditto  | 5 seconds       |
| 25  | Rear and tail | With tail lifted, show dog thermometer (lubricated)                | 2 seconds       |
| 26  | Rear and tail | With tail lifted, touch thermometer to dog's upper thigh           | 2 seconds       |
| 27  | Rear and tail | With tail lifted, touch thermometer to dog's rear (next to rectum) | 2 seconds       |
| 28  | Rear and tail | Ditto  | 5 seconds       |
| 29  | Rear and tail | Insert thermometer 1 inch (large dog) or 1/2 inch (small dog)      | 1 second        |
| 30  | Rear and tail | Ditto  | 2 seconds       |
| 31  | Rear and tail | Insert thermometer 1.5 to 2 inches (large) or 1 inch (small dog)   | 2 seconds       |
| 32  | Rear and tail | Ditto  | 5 seconds       |



# RECUMBENCY STATION FOR RADIOGRAPHS (PLAN A)

*If your dog finds handling worrisome, refer to Plan B.*



**FINAL DESIRED BEHAVIOR:** Dog will station in lateral or dorsal recumbency on a table and allow stretching by two people for X-rays.

**PRE-REQUISITE:** Lateral Recumbency on Floor Plan (including in clinic), Lateral Recumbency on Table.

**INSTRUCTIONS:** Train, using the plan on the following pages. Start on your dog's preferred LR side.

## STEP

|    |   |
|----|---|
| 1  | With dog in LR on floor or mat, firmly grasp the lower leg (above knee) with one hand and the elbow with your other hand for 2 seconds (pay in LR position)<br><i>Split to one hand/gentle grasp if needed.</i> |
| 2  | Grasp lower leg and elbow firmly and stretch dog slightly for 2 seconds (stretch forelimb forward and hind limb backward)   |
| 3  | Stretch dog for 5 seconds   |
| 4  | While stretching dog, push upwards an inch or two so that belly and armpit are more exposed for 5 seconds   |
| 5  | Roll him a bit more so that he is halfway onto his back for 5 seconds<br><i>Split how far you're rolling the dog if needed.</i>   |
| 6  | Now grasp upper leg below elbow and lower leg below knee for 5 seconds (no stretch or roll)   |
| 7  | Now roll him slightly for 5 seconds with your hands in this new position  |
| 8  | Now roll him halfway onto his back for 5 seconds  |
| 9  | Grasp front legs with one hand and hind legs with other hand for 5 seconds (no stretch or roll)   |
| 10 | Grasp front and hind legs and stretch slightly for 5 seconds  |
| 11 | While stretching, roll dog slightly for 5 seconds   |
| 12 | Roll dog halfway onto his back for 5 seconds  |

|    |  |
|----|--|
| 13 | With dog in LR, station yourself at his head and station your helper at his feet   |
| 14 | Grasp front legs with your hands (one leg per hand) while your helper grasps hind legs (one per hand) for 2 seconds (no stretch or roll) |
| 15 | Stretch dog very slightly for 5 seconds (no rolling yet)   |
| 16 | Stretch dog a bit more for 5 seconds   |
| 17 | While stretching, roll dog very slightly for 5 seconds   |
| 18 | Roll dog a bit more for 5 seconds  |
| 19 | Roll dog halfway onto his back for 5 seconds   |
| 20 | Roll dog right onto his back for 5 seconds   |
| 21 | Repeat Steps 10 - 20 on a steady table   |
| 22 | Repeat Steps 10 - 20 at clinic on floor  |
| 23 | Repeat Steps 10 - 20 on X-Ray table at clinic  |
| 24 | With dog stretched in LR (on side) on X-Ray table, practice releasing one leg at a time for individual X-Ray                             |

# RECUMBENCY STATION FOR RADIOGRAPHS (PLAN B)



*This plan is specifically designed for dogs who find handling worrisome. If your dog is comfortable with handling, refer to Plan A.*

**FINAL DESIRED BEHAVIOR:** Dog will station in lateral or dorsal recumbency on a table and allow stretching by two people for X-rays.

**PRE-REQUISITE:** Lateral Recumbency on Floor Plan (including in clinic), Lateral Recumbency on Table , Recumbency Station for ROM.

**INSTRUCTIONS:** Train, using the plan on the following pages. Start on your dog's preferred LR side.

## STEP

|    |   |
|----|---|
| 1  | With dog in LR on floor or mat, gently grasp dog's lower leg (above knee) for 2 seconds (pay in LR position)              |
| 2  | Grasp lower leg with one hand and the elbow with the other for 2 seconds  |
| 3  | Grasp lower leg and elbow more firmly for 2 seconds   |
| 4  | Grasp lower leg and elbow firmly and stretch dog slightly for 2 seconds (stretch forelimb forward and hind limb backward) |
| 5  | Stretch dog for 5 seconds   |
| 6  | While stretching dog, push upwards an inch or two so that belly and armpit are more exposed for 2 sec                     |
| 7  | Roll him a bit more (you are gradually rolling the dog onto his back) for 5 seconds                                       |
| 8  | Roll him a bit more so that he is halfway onto his back for 5 seconds   |
| 9  | Now grasp upper leg below elbow and lower leg below knee for 5 seconds (no stretch or roll)                               |
| 10 | Now stretch him on his side for 5 seconds with your hands in this new position  |
| 11 | Now roll him slightly for 5 seconds   |
| 12 | Now roll him halfway onto his back for 5 seconds  |
| 13 | Grasp both front legs with one hand for 5 seconds (no stretch or roll)  |
| 14 | Grasp both hind legs with the other hand for 5 seconds (no stretch or roll)   |

|    |  |
|----|--|
| 15 | Grasp front legs with one hand and hind legs with other hand for 5 seconds (no stretch or roll)  |
| 16 | Grasp front and hind legs and stretch slightly for 2 seconds   |
| 17 | Stretch dog for 5 seconds  |
| 18 | While stretching, roll dog slightly for 2 seconds  |
| 19 | Roll dog slightly for 5 seconds  |
| 20 | Roll dog a bit more for 5 seconds  |
| 21 | Roll dog halfway onto his back for 5 seconds   |
| 22 | With dog in LR, station yourself at his head and station your helper at his feet   |
| 23 | Grasp front legs with your hands (one leg per hand) while your helper grasps hind legs (one per hand) for 2 seconds (no stretch or roll) |
| 24 | Stretch dog very slightly for 2 seconds (no rolling yet)   |
| 25 | Stretch dog very slightly for 5 seconds  |
| 26 | Stretch dog a bit more for 5 seconds   |
| 27 | While stretching, roll dog very slightly for 2 seconds   |
| 28 | Roll dog very slightly for 5 seconds   |
| 29 | Roll dog a bit more for 5 seconds  |
| 30 | Roll dog halfway onto his back for 5 seconds   |
| 31 | Roll dog a bit more for 5 seconds  |
| 32 | Roll dog right onto his back for 5 seconds   |
| 33 | Repeat Steps 16 – 32 on a steady table   |
| 34 | Repeat Steps 16 – 32 at clinic on floor  |
| 35 | Repeat Steps 16 – 32 on X-Ray table at clinic  |
| 36 | With dog stretched in LR (on side) on X-Ray table, practice releasing one leg at a time for individual X-Ray                             |

# LATERAL RECUMBENCY STATION FOR RANGE OF MOTION (PLAN A)



*If your dog finds handling worrisome, refer to the plan for fearful dogs (Plan B).*

**FINAL DESIRED BEHAVIOR:** Dog will station in lateral recumbency on both sides and allow manipulation of joints.

**PRE-REQUISITES:** Lateral Recumbency on Floor Plan (including in clinic), Lateral Recumbency on Floor Plan Steps 1 – 10 other side, and Lateral Recumbency on Table (both sides).

**INSTRUCTIONS:** Train, using the plan on the following pages. Note: when deciding if the dog "got it right" at a given step, slight movements or twitches are fine if the dog is not trying to break the LR.

## STEP

*Forelimb: Starting in LR on the side your dog is most comfortable in, do the following steps on the forelimb which is on top (i.e. not the one they are lying on). You will need to train LR on the other side to do the steps on the other forelimb.*

|   |  |
|---|--|
| 1   | Grasp shoulder with one hand and just above elbow with other hand, then gently move dog's shoulder joint back and forth for 2 seconds (pay in LR position) |
| 2   | Move dog's shoulder joint in a more circular motion for 5 seconds  |
| 3   | Grasp above dog's elbow with one hand and below elbow with the other for 2 seconds   |
| 4   | Flex and straighten dog's elbow for 5 seconds  |
| 5   | Grasp, flex and straighten dog's wrist for 5 seconds   |
| 6   | Grasp paw with one hand and one of the dog's toes with other hand for 2 seconds  |
| 7   | Manipulate that toe's joints for 2 seconds   |
| 8   | Manipulate that toe's joints for 5 seconds   |
| 9   | Repeat Steps 7 and 8 for each toe joint  |
| <i>Hindlimb: repeat on both sides as per forelimb</i> |  |
| 10  | Grasp lower back with one hand and upper thigh (above knee) with other hand for 2 seconds  |

|   |   |
|---|---|
| 11  | Move the upper part of the leg around to rotate hip joint in socket for 5 seconds |
| 12  | Grasp, flex and straighten dog's knee for 5 seconds                               |
| 13  | Grasp, flex and straighten dog's hock for 5 seconds                               |
| 14  | Repeat Steps 5 - 9 for the toe joints of the lower leg                            |
| <i>Optional steps (working towards more ROM testing for fewer treats)</i> |   |
| 15  | Do joints of upper limb (2 seconds each) from shoulder to wrist for one treat     |
| 16  | Do all upper toe joints (2 seconds each) for one treat                            |
| 17  | Do all joints of lower limb (2 seconds each) from hip to hock for one treat       |
| 18  | Do all lower toe joints (2 seconds each) for one treat                            |

# LATERAL RECUMBENCY STATION FOR RANGE OF MOVEMENT (PLAN B)



*This plan is specifically designed for dogs who find handling worrisome. See Plan A if your dog is not bothered by handling.*

**FINAL DESIRED BEHAVIOR:** Dog will station in lateral recumbency on both sides and allow manipulation of joints.

**PRE-REQUISITES:** Lateral Recumbency on Floor Plan (including in clinic), Lateral Recumbency on Floor Plan Steps 1 – 10 other side, and Lateral Recumbency on Table (both sides).

**INSTRUCTIONS:** Train, using the plan on the following pages. Note: when deciding if the dog "got it right" at a given step, slight movements or twitches are fine if the dog is not trying to break the LR.

| <b>STEP</b>  |  |
|--|--|
| <i>Forelimb: Starting in LR on the side your dog is most comfortable in, do the following steps on the forelimb which is on top (i.e. not the one they are lying on). You will need to train LR on the other side to do the steps on the other forelimb.</i> |  |
| 1  | With dog in LR, gently grasp dog's shoulder with one hand for 2 seconds (pay in LR position) |
| 2  | Grasp shoulder with one hand and just above elbow with other hand for 2 seconds              |
| 3  | Gently move dog's shoulder joint back and forth for 2 seconds                                |
| 4  | Move dog's shoulder joint in a more circular motion for 5 seconds                            |
| 5  | Grasp above dog's elbow with one hand and below elbow with the other for 2 seconds           |
| 6  | Flex and straighten dog's elbow for 2 seconds  |
| 7  | Flex and straighten dog's elbow for 5 seconds  |
| 8  | Grasp dog's leg above wrist with one hand for 2 seconds                                      |
| 9  | Grasp above wrist with one hand and paw with the other hand for 2 seconds                    |
| 10   | Flex and straighten dog's wrist for 2 seconds  |
| 11   | Flex and straighten dog's wrist for 5 seconds  |

|   |  |
|---|--|
| 12  | Grasp dog's paw with one hand for 2 seconds  |
| 13  | Grasp paw with one hand and one of the dog's toes with other hand for 2 seconds                      |
| 14  | Manipulate that toe's joints for 2 seconds   |
| 15  | Manipulate that toe's joints for 5 seconds   |
| 16  | Repeat Steps 14 and 15 for each toe joint  |
| <i>Hindlimb: repeat on both sides as per forelimb</i>                     |  |
| 17  | Grasp dog's lower back with one hand for 2 seconds   |
| 18  | Grasp lower back with one hand and upper thigh (above knee) with other hand for 2 seconds            |
| 19  | Move the upper part of the leg around to rotate hip joint in socket for 2 seconds                    |
| 20  | Move the upper part of the leg around to rotate hip joint in socket for 5 seconds                    |
| 21  | Grasp dog's upper leg (thigh) above knee with one hand and below knee with other for 2 seconds       |
| 22  | Flex and straighten knee for 2 seconds   |
| 23  | Flex and straighten knee for 5 seconds   |
| 24  | Grasp dog's lower leg (below knee) above hock with one hand and below hock with other hand for 2 sec |
| 25  | Flex and straighten hock for 2 seconds   |
| 26  | Flex and straighten hock for 5 seconds   |
| 27  | Repeat Steps 12 – 16 for the toe joints of the lower leg   |
| <i>Optional steps (working towards more ROM testing for fewer treats)</i> |  |
| 28  | Roll dog very slightly for 5 seconds   |
| 29  | Do joints of upper limb (2 seconds each) from shoulder to wrist for one treat                        |
| 30  | Do all upper toe joints (2 seconds each) for one treat   |
| 31  | Do all joints of lower limb (2 seconds each) from hip to hock for one treat                          |
| 32  | Do all lower toe joints (2 seconds each) for one treat   |



# SIT STAY FOR JUGULAR BLOOD DRAW



**FINAL DESIRED BEHAVIOR:** Dog will sit-stay between a person's legs (large dog) or sit on a table being held from either side (small dog) with the dog's muzzle held up while a second person sits/stands in front and simulates a jugular blood draw.

**PRE-REQUISITES:** 1) Sit stay solid enough that you can walk around your dog without them breaking a sit (see optional plan if needed), and 2) Table CER (small dogs).

**INSTRUCTIONS:** Train, using the plan on the following pages.

| STEP |   | NOTES AND SPLITS  |
|------|---|---|
| 1    | <ul style="list-style-type: none"> <li>Hide syringe from dog (in pocket, bag or in clothing) and prep chicken or other very high value food</li> <li>Before bringing out the syringe, spend time weakening predictive power of smell of food, bag crinkle and bait bag by hanging out with dog for 3+ min</li> <li>Then, bring out syringe in hand and let dog see and sniff it for 2 - 3 seconds</li> <li>Commence very effusive praise and then give 5 - 6 pieces of chicken while syringe is still out</li> <li>Put away syringe and stop flow of chicken</li> <li>Repeat 5 - 6 times with random time (1 - 3 minutes) between. Push on evident CER</li> </ul> | <p>Skip if you've already done implement CER with syringe.</p> <p>If dog is too fearful to eat, do implement CER plan with syringe and then start step two.</p> |
| 2    | With dog in sit-stay, walk to rear of dog and place hands on sides of dog's face for 1 second (position feed while still at rear of dog) – crouch if more comfortable for you   | Small dogs: do it on a table.   |
| 3    | Now grasp dog's muzzle with both hands for 2 seconds (position feed high – neck stretched up - while one hand still on dog's muzzle)  |   |
| 4    | Now tilt dog's muzzle upwards for 2 seconds (position feed always)  |   |
| 5    | Now hold more firmly: "death-grip" style for 2 seconds  |   |

|    |   |   |
|----|---|---|
| 6  | Now hold his muzzle up in a death grip for 5 seconds  |   |
| 7  | Now do it for 10 seconds, then 20   | Split duration as needed. Split to feeding during stay if needed. |
| 8  | With dog in the death grip, a second person stands in front of dog and touches left side of dog's neck (left of dog's windpipe) with their left thumb for 2 sec (see photo) | Dog's left, so on the right of the person facing him.             |
| 9  | Now person 2 grasps dog's neck with left thumb to left of dog's windpipe for 2 sec  |   |
| 10 | Now person 2 presses thumb more firmly (to bring up vein) for 2 sec   |   |
| 11 | Now press thumb firmly for 5 sec  |   |
| 12 | While pressing thumb, tap vein above thumb with fingers of right hand for 5 sec   |   |
| 13 | Now press and tap for 10 sec  |   |
| 14 | Person 2 now presses, taps and then touches with the syringe for 2 sec  |   |
| 15 | Person 2 now presses, taps and pokes (light jab) upward with the syringe for 2 sec  | Don't breach skin but jab.  |
| 16 | Person 2 now presses, taps and pokes (light jab) upward with the syringe for 5 sec  |   |
| 17 | Now do 10 seconds   |   |

# REAR LIMB BLOOD DRAW



**GOAL:** Dog will station in lateral recumbency on a table for a blood draw from the rear leg (lateral saphenous).

**PREREQUISITE:** LR on table.

**YOU WILL NEED:**



Helper



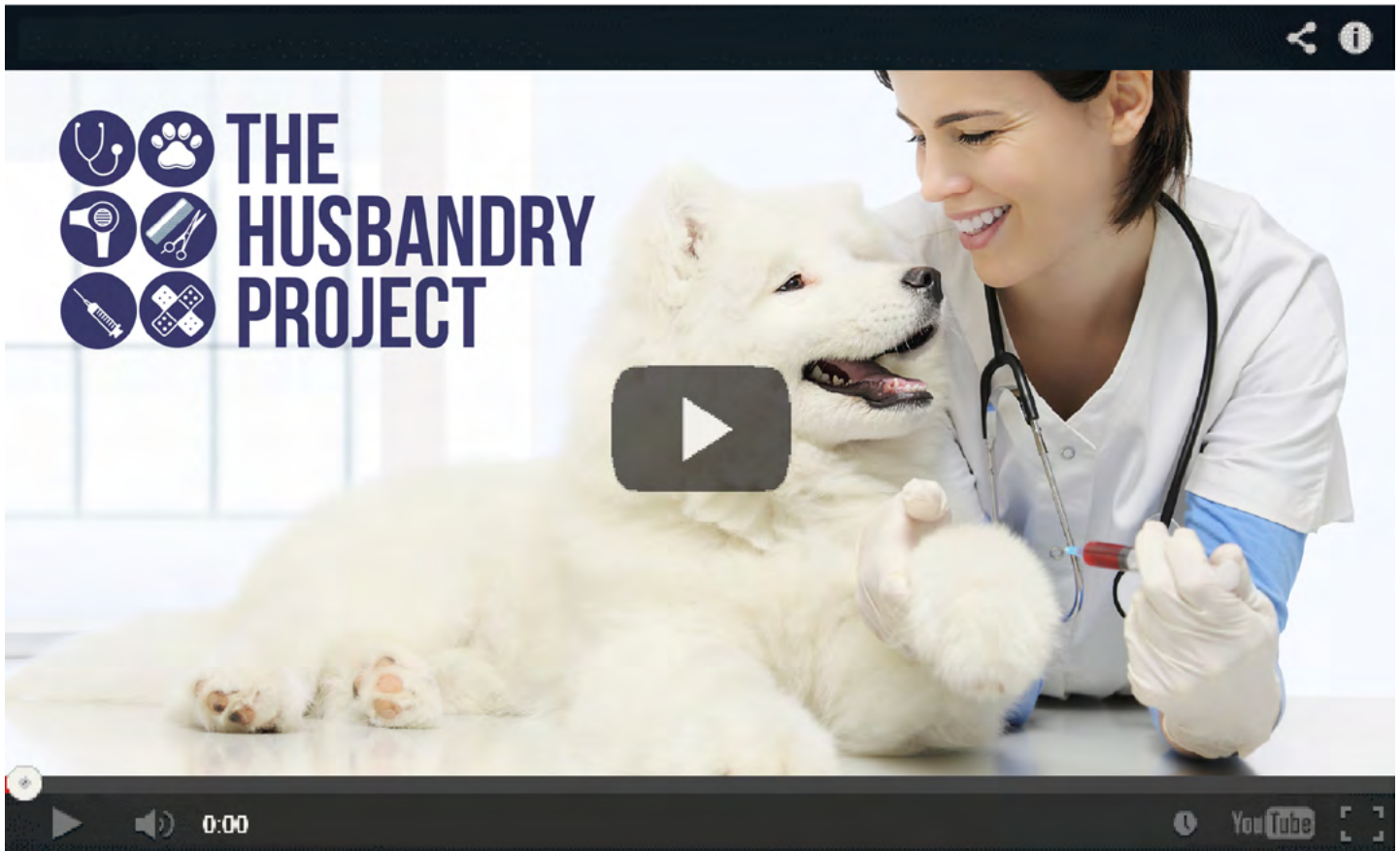
Syringe

| OPERATION |   | DURATION   |
|-----------|---|------------|
| 1         | With dog stationed in LR on table, helper gently holds rear paw just below hock<br><i>If dog is not comfortable on table, this step can be done on the floor.</i> | 2 seconds  |
| 2         | Do the same but now helper grasps more firmly   | 2 seconds  |
| 3         | Ditto   | 5 seconds  |
| 4         | Helper now gently grasps upper leg above knee with both hands   | 5 seconds  |
| 5         | Do the same but grasp more firmly, as though bringing up vein   | 5 seconds  |
| 6         | Ditto   | 10 seconds |
| 7         | Helper firmly grasps upper leg with one hand and paw below hock with other hand   | 10 seconds |
| 8         | Helper grasps upper leg with one hand and gently touches dog just below hock with syringe   | 1 second   |
| 9         | Now poke a little harder with syringe (without breaching skin)  | 1 second   |
| 10        | Ditto   | 5 seconds  |

# HOW TO TRAIN: A VIDEO TUTORIAL

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For a visual on how to train using the Husbandry Project plans, reference our instructional video by clicking the thumbnail below.



The  
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