

Body Handling Exercises

We need to determine the level and areas of the body that the dog has sensitivity to when touching or handling.

1. Restraint of body, head, jaws and/or limbs.
2. Collar grabbing.
3. Head reaches or touches.
4. Muzzle and Mouth.
5. Ears.
6. Feet-front, back or both.
7. Nail Clipping.
8. Skin grabbing.
9. Hair pulling/grooming.
10. General rear quarters.
11. Tail.

It is important when doing body desensitization that we begin “under threshold” for sure success in early exercises. For example, if the dog doesn’t like her rear to be touched, we start at the other end, head.

_____ Step 1: Place hand on dog’s rear for 1 second. Deliver treat to dog with opposite hand, pause, then repeat. Always incorporate pauses and long dead periods to rule out yourself and high value bait bag as the predictors of the goodies coming. Practice in a variety of locations.

_____ Step 2: Place hand on dog’s rear for 5 seconds. Deliver treat to dog with opposite hand etc.

_____ Step 3: Place hand on dog’s rear for 10 seconds. Deliver treats to dog with opposite hand etc.

_____ Step 4: Place hand on dog’s rear for 30 seconds. Deliver treat to dog with opposite hand etc.

_____ Step 5: Place hand on dog’s back for 5 seconds. Deliver treat to dog with opposite hand etc.

_____ Step 6: Place hand on dog’s back for 10 seconds with opposite hand etc.

_____ Step 7: Place hand on dog’s back for 30 seconds. Deliver treat to dog with opposite hand etc.

_____ Step 8: Place hand on dog’s withers for 5 seconds. Deliver treat to dog with opposite hand etc.

_____ Step 9: Place hand on dog’s withers for 10 seconds. Deliver treat to dog with opposite hand etc.

_____ Step 10: Place hand on dog’s withers for 30 seconds. Deliver treat to dog with opposite hand etc.

_____ Step 11: Place both hands on dog’s back for 1 second. Remove hands and deliver treat from pouch. Repeat, incorporating pauses etc.

_____ Step 12: Place both hands on dog’s back for 5 seconds. Remove hands and deliver etc.

_____ Step 13: Place both hands on dog’s back for 10 seconds. Remove hands and deliver etc.

_____ Step 14: Place both hands on dog's back for 30 seconds. Remove hands and deliver etc.

_____ Step 15: Place one hand on dog's back and one on withers for 1 second. Remove hands and deliver treats etc.

_____ Step 16: Place one hand on dog's back and one on withers for 5 seconds. Remove hands etc.

_____ Step 17: Place one hand on dog's back and one on withers for 10 seconds. Remove hands etc.

_____ Step 18: Place one hand on dog's back and one on withers for 30 seconds. Remove hands etc.

_____ Step 19: Place one hand on dog's withers and one hand on back of dog's neck for 1 second. Remove hands etc.

_____ Step 20: Place one hand on dog's withers and one hand on back of dog's neck for 5 seconds. Remove hands etc.

_____ Step 21: Place one hand on dog's withers and one hand on back of dog's neck for 10 seconds. Remove hands etc.

_____ Step 22: Place one hand on dog's withers and one hand on back of dog's neck for 30 seconds. Remove hands etc.

_____ Step 23: Place both hands on back of dog's neck for 1 second. Remove hands etc.

_____ Step 24: Place both hands on back of dog's neck for 5 seconds. Remove hands etc.

_____ Step 25: Place both hands on back of dog's neck for 10 seconds. Remove hands etc.

_____ Step 26: Place both hands on back of dog's neck for 30 seconds. Remove hands etc.

_____ Step 27: Place one hand on dog's head for 1 second. Deliver treat with opposite hand and repeat, incorporating pauses etc.

_____ Step 28: Place hand on dog's head for 5 seconds. Deliver treat with opposite hand etc.

_____ Step 29: Place hand on dog's head for 10 seconds. Deliver treat with opposite hand etc.

_____ Step 30: Place hand on dog's head for 30 seconds. Deliver treat with opposite hand etc.

_____ Step 31: Place one hand on dog's head and one on back of dog's neck for 1 second. Remove hands, deliver treat, etc.

_____ Step 32: Place one hand on dog's head and one on back of dog's neck for 5 seconds. Remove hands, deliver treats, etc.

_____ Step 33: Place one hand on dog's head and one on back of dog's neck for 10 seconds. Remove hands, deliver treat etc.

_____ Step 34: Place one hand on dog's head and one on back of dog's neck for 30 seconds. Remove hands, deliver treat etc.

_____ Step 35: Place one hand under dog's chin for 1 second. Deliver treat with opposite hand etc.

_____ Step 36: Place one hand under dog's chin for 5 seconds. Deliver treat with opposite hand etc.

_____ Step 37: Place one hand under dog's chin for 10 seconds. Deliver treat with opposite hand etc.

_____ Step 38: Place one hand under dog's chin for 30 seconds. Deliver treat with opposite hand etc.

_____ Step 39: Place one hand under dog's chin and other hand on top of dog's head for 1 second.
Remove hands, deliver treat etc.

_____ Step 40: Place one hand under dog's chin and other hand on top of dog's head for 5 seconds.
Remove hands, deliver treat etc.

_____ Step 41: Place one hand under dog's chin and other hand on top of dog's head for 10 seconds.
Remove hands, deliver treats etc.

_____ Step 42: Place one hand under dog's chin and other hand on top of dog's head for 30 seconds.
Remove hands, deliver treats etc.

_____ Step 43: Place one hand on top of dog's muzzle for one second. Deliver treat with opposite hand, pause, repeat etc.

_____ Step 44: Place hand on top of dog's muzzle for 5 seconds. Deliver treat with opposite hand, pause, repeat etc.

_____ Step 45: Place hand on top of dog's muzzle for 10 seconds. Deliver treat with opposite hand etc.

_____ Step 46: Place hand on top of dog's muzzle for 30 seconds. Deliver treat with opposite hand etc.

_____ Step 47: Place one hand under dog's chin and other hand on top of dog's muzzle for 1 second.
Remove hands, deliver treat etc.

_____ Step 48: Place one hand under dog's chin and other hand on top of dog's muzzle for 5 seconds. Remove hands, deliver treat etc.

_____ Step 49: Place one hand under dog's chin and other hand on top of dog's muzzle for 10 seconds. Remove hands, deliver treat etc.

_____ Step 50: Place one hand under dog's chin and other hand on top of dog's muzzle for 30 seconds. Remove hands, deliver treat etc.

_____ Step 51: Place one hand under dog's chin and gently lift dog's lip on one side with other hand for 1 second. Remove hands, deliver treat and repeat, alternating sides.

_____ Step 52: Place one hand under dog's chin and gently lift dog's lip with other hand for 5 seconds. Remove hands, deliver treat and repeat, alternating sides.

_____ Step 53: Place one hand under dog's chin and gently lift dog's lip with other hand for 10 seconds. Remove hands etc.

_____ Step 54: Place one hand under dog's chin and gently lift dog's lip with other hand for 30 seconds. Remove hands etc.

_____ Step 55: Place one hand under dog's chin and uses other hand to gently open mouth just a crack for 1 second. Remove hands, deliver treat, pause and repeat.

_____ Step 56: Place one hand under dog's chin and use other hand to gently open mouth for 5 seconds. Remove hands, deliver treat etc. (ease up in one second increments if you encounter stickiness here)

_____ Step 57: Place one hand under dog's chin and use other hand to gently open mouth for 10 seconds. Remove hands, deliver treat etc.

_____ Step 58: Place one hand on top of dog's muzzle. Gently open mouth with other hand, inserting finger onto tongue for 1 second. Remove hands, deliver treats etc.

_____ Step 59: Place one hand on top of dog's muzzle. Gently open mouth with other hand, inserting finger onto tongue for 5 seconds. Remove hands, deliver treat etc.

_____ Step 60: Place one hand on top of dog's muzzle. Gently open mouth with other hand, inserting finger onto tongue for 10 seconds. Remove hands, deliver treat etc.

Level Two: Repeat Steps 1-60 with increased pressure.

Level Three: Practice Steps 1-60 with pressure and restraint. Rather than simply placing hands, wherever possible, grasp body part as though holding dog still. Depress tongue rather than touching.

All information in this handout is credited to Jean Donaldson's book MINE!