

# Canine Massage



**Creating Total Balance for Today's Pets  
Mind-Body-Spirit**

# Pet Massage

More than just  
a luxury?



# Who Benefits from Massage?

## Humans, Companion and Zoo Animals, Horses, Livestock

- **Athletes:** Increase flexibility, quicker recovery, eliminates lactic acids, prevent injuries
- **Service Dogs:** (Police, Therapy, Rescue) relieves stress, depression, tension, increase mental awareness, focus, general feeling of well-being.
- **Seniors:** Relieves age-related conditions and improves quality of life.
- **Pre/Post Surgical:** Reduces pain, stimulates healing process, reduces scar tissue and inflammation, allows the body to heal more readily.
- **Every One Benefits:** General Wellness, Preventative Care

# **Massage Powerful Ally for Healing**

**Relieves Muscle Spasms and Tension**

**Raises Immune Efficiency**

**Promotes the Healing of Tissues**

**Offers Emotional Reassurance**

**Promotes Relaxation**

**Improves Circulation**

# Types of Massage

- **Swedish Massage:** Adds to general well being, adds to relaxation, reduces muscle tension.
- **Sports Massage:** Increase immune system, flexibility, range of motion, increase oxygen, can invigorate or sooth muscles.
- **Rehabilitative Massage:** brings nurturance and oxygen into areas, allows the body to repair and heal, alleviates pain, reduces scar tissue and adhesion.
- **Trigger point Massage:** Muscle "knots" that are painful and cause symptoms elsewhere in the body.

# Training, Licensing, Certification

- LMT Licensed Massage Therapist
- LMP Licensed Massage Practitioner
- CMT Certified Massage Therapist
  
- NCTMB Has met the credentialing requirements (including passing an exam) of the National Certification Board for Therapeutic Massage and Bodywork, for practicing therapeutic massage and bodywork
  
- The National Certification Board for Therapeutic Massage and Bodywork (NCBTMB) certifies practitioners who pass a national examination. Increasingly, states that license massage therapists require them to have a minimum of 500 hours of training at an accredited institution, pass the NCBTMB exam, meet specific continuing education requirements, and carry malpractice insurance.
  
- Although there is no certifying body like NCBTMB yet, progress toward certification on the animal side is being made. The National Certification Board for Animal Acupressure and Massage was formed in 2009 to offer proficiency examinations in each modality that are a first step in that direction.

# All Systems

# Go!!!!

## The Muscular System

- Relieves soreness, tension, and stiffness
  - Improves muscle tone
- Increases flexibility and range of motion
- Improves the flow of nutrients to muscles and joints, accelerating recovery from fatigue and injury
  - Reduces scar tissue
  - Breaks down or prevents adhesions (knots)
- Speeds recovery from exercise
  - Enhances freedom of movement
- Prevents or delays muscular atrophy, resulting from inactivity caused by injury, age, surgery, or illness
- Increases physical confidence
- Relieves cramps and muscle spasms
- Reduces pain and swelling

## The Nervous System

- Stimulates Nervous System boosting energy
- Calms the Nervous System relaxing
- Relieves restlessness and insomnia
- Relieves pain due to pinched nerves
- Decreases chronic pain
- Stimulates the release of endorphins (the body's natural painkiller)

## The Lymphatic System

- Cleanse the body of wastes and toxic debris in the body
- Increases the circulation of lymph
- Stimulates the immune system (strengthens resistance to disease)
- Reduces edema of the extremities (arms and legs)
- Removal of lactic acid from fatigued and sore muscles (allows for quick recovery)
- Increases kidney action to remove wastes of protein metabolism
- Increases retention of nitrogen phosphorus, and sulfur to aid in bone repair
- Speeds recovery from illness

## The Circulatory System

- Increases blood flow (to tissues and organs), which can relieve much muscular and joint pain (especially associated with swelling)
- Increases the flow of oxygen and nutrients (to cells and tissues), improving and relieving congestion throughout the body
- Increases the number of red blood cells, especially in cases of anemia
- Lower blood pressure
- Reduces heart rate (helps develop a stronger heart)  
Elimination of metabolic waste

## The Skeletal System

- Improves posture/body alignment
  - Relieve stiff joints
- Decreases inflammation
- Restores range of motion (increasing joint movement)
- Releases joint strain (releasing tight muscles and tendons)
- Releases restrictions in the fascia (connected tissues)
- Improves the circulation and nutrients of your joints

## The Digestive System

- Relieves constipation (specifically if a abdominal massage is given)
- Relaxes the abdominal and intestinal muscles (therefore releasing tension in this area)
- Eliminates waste materials
- Stimulates activity of liver and kidneys

## The Reproductive System

- Reduces depression and anxiety associated with PMS
- Reduces excess fluid retention
- Helps prepare for the birthing process

## The Integumentary System

- Improves skin tone by removing dead cells and improving circulation
- Regenerates tissue, including burns, wounds
- Helps to normalize glandular functions
- Improve elasticity of skin  
Stimulates blood flow to nourish the skin

## The Respiratory System

- Develops respiratory muscles
  - Regulates respiration
- Promotes deeper and easier breathing

## The Endocrine System

- Helps the body to restore and heal itself
- Develops of a restful sleep pattern
- Promotes appropriate levels of hormones (bringing the immune system back in balance)

## The Urinary System

- Elimination of metabolic waste
- Cleanses the body of wastes and toxic debris in the body
- Increases kidney action to remove wastes of protein metabolism

# Massage

## Mind

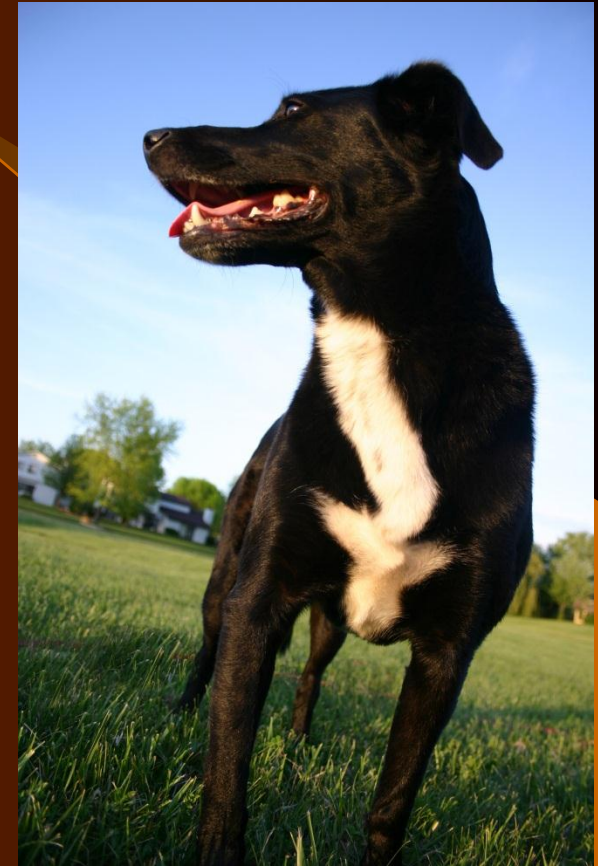
**A mentally balanced dog: Sound and stable. They approach situations with calm confident.**

## Body

**A physically balanced dog: Strong, good muscle tone and structure, has endurance and over all good condition.**

## Spirit

**A emotionally balanced dog: Secure with a sunny disposition, is socially in tune with other dogs and people.**



# Connection

# Mind/Mental

## Benefits of Massage Mentally

### Out of Balance

- Aggressive,
- Unruly,
- Unfocused,
- Dominant,
- Develops annoying behaviors,
- Unmannered



### Benefits

- Fosters peace of mind
- Helps relieve mental stress
- Promotes a relaxed state of alertness
- Enhances Calm Thinking
- Improves ability to respond appropriately
- Gaining trust through the act of being touched.
- Calms a nervous or hyper pet.

# Body/Physical

## Benefits of Massage Physically

### Out of Balanced

- Over/under weight,
- Lack enthusiasm,
- Hyperactive,
- Scratching, itching,
- Lacks concentration,
- Coat dull, lacks luster and shine, skin ; dry oily, hot spots,
- Ear infections,
- Yeast, smell, discharge, and
- Eye issues

### Benefits

- Strengthens the immune system
- Fosters faster healing of muscles and ligaments; reduces pain and swelling
- Enhances athletic performance. Provides greater joint flexibility and range of motion
- Improves circulation of blood, Enhances the health and nourishment of skin
- Treats musculoskeletal problems
- Rehabilitation post operative
- Rehabilitation after injury
- Helps relieve muscle tension and stiffness

# Spirit/Emotional

## The Emotional Benefits of Massage

### Out of Balance

- Anti social,
- Cowers,
- Urinates,
- High strung,
- Fear,
- Shyness,
- Aggression,
- Depression,
- Grief and sadness,

### Benefits

- Increases awareness of the mind-body connection
- Fosters a feeling of well-being
- Generates confidence
- Enhances self-image and self-worth
- Satisfies the need for caring and nourishing touch
- Reduces sense of isolation
- Reduces anxiety
- Adds Emotional to Security

# Supportive Modality's

Additional forms of healing that work well with massage

## **Acupressure:**

Helps balance energy and reestablish the body's ability to heal itself.

## **Essential Oil:**

Can be worked with massage and acupressure to add benefits to massage process.

# Be amazed by the difference

Our animals do so much to brighten our days. Now we can do even more to enhance their quality of living.

Using therapeutic quality oil can improve emotional, physical, and mental health.

Young Living delivers quality and purity in every product, and is certified to meet AFNOR/ISO International standards for Stringent Chemistry Profiles.

# Essential Oils

- **Valor:** Used for emotional stress and trauma by balancing energies as it helps the body self correct its alignment and instills courage, confidence, and self-esteem. \$25.99 15 ml
- **Peace and Calming:** helps calm tension, promotes relaxation, up lifts the spirit, adds a deep sense of peace and emotional well-being. \$43.09 15 ml
- **Lavender:** The most versatile of all oils. Assist the body when adapting to stress or imbalances. Used as antiseptic, anti-fungal, anti-inflammatory, and skin conditions. Has great properties for calming nervous tension and relaxing both physically and emotionally. \$27.30 15 ml
- **Pan-a-way:** Reduces pain and inflammation, increases circulation, and accelerates healing. Relieves swelling and discomfort from arthritis, sprains, muscle spasms and cramps, bumps and bruises. \$39.14 5 ml
- Young's Living EO are therapeutic grade. Member 1122645

# Dogs 4 Life Training and Wellness

Presentation is intended for educational use only and is in no way intended as a substitute for medical counseling. Any animal suffering from any disease, illness, or injury should be seen by a qualified veterinarian.

[www.dogs4life.com](http://www.dogs4life.com)

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# Stella

