

MASSAGE 101

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PART 3

Massage 101

- * REVIEW
 - * Elements of Massage
 - * Setting up the Session
 - * Dog 'signs'
 - * Health of muscles

- * Today
 - * Massage techniques



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Massage 101

- * EFFLEURAGE (stroking)
 - * Open palm & fingers
 - * Stroke muscles slowly & at varying depth & pressure
 - * For relaxation, tissue warming, assisting circulation, stretch of muscles & fascia, when lymphedema, or to soothe sore painful areas. Can also be used to break up other massage techniques
 - * Used at beginning for relaxation & preparing the animal for touch
 - * Used at end for flushing & relaxation
 - * ½ a pound of pressure (2.24 kgs of pressure)

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- * EFFLEURAGE (stroking)
 - * For Swelling, aim the strokes in the direction of lymph & venous flow...
 - * Up to the front of the elbow
 - * To the front of the shoulder blade
 - * To the axilla (armpit)

 - * Up to the back of the knee
 - * Into the groin

 - * Outwards on the chest / torso

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- * PETRISSAGE (kneading, rolling, squeezing, wringing)
 - * Utilizing thumbs & the 4 fingers together to pick up and mobilize the underlying muscles by squeezing, kneading, compressing or rolling the tissue(s) rhythmically - and then releasing it.
 - * Can also use the heel of the hand, or 3 or 4 fingers close together (to support each other) and move in small circles on the muscles underneath
 - * Can be stimulating or relaxing
 - * 1 stroke per second. Start at 1 lb of pressure & increase to tolerance
 - * Intersperse with effleurage every 30 seconds or so

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* PETRISSAGE (kneading, rolling, squeezing, wringing)

* Indications:

- * Tendon & ligament injuries
- * Muscle soreness
- * Adhesions (scar tissue) or Poor muscle mobility
- * Tight muscle fibres / knots
- * Fibrous tissue adhesion
- * Warming up muscle groups
- * Stimulation of circulation

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- * TAPOTMENT (percussion)
 - * Repetitive light striking on skin with the side of the hand or a cupped hand.
 - * Use in sports massage to energize muscle tissue & stimulate proprioceptive receptors in the body

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- * VIBRATION (shaking)
 - * Use in pre-event sports massage to stimulate target muscle groups in order to improve muscle tone and increase circulation

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- * Tip to Performing a Good Massage
 - * Pain is not acceptable. Massage should always be within the animal's tolerance
 - * Short breaks are allowed – but ask the dog to come back to allow a bit more massage afterwards
 - * Drink water yourself. Encourage the animal to drink water (perhaps tuna water or low sodium chicken broth).



Massage 101

- * GREAT!
 - * Now... Go practice your techniques
- * Next Videos!
 - * Massage Routines!
 - * Diagnostic Massage Routine
 - * Relaxation Massage Routine
 - * Therapeutic Massage Routine
 - * Sports Massage Routine

