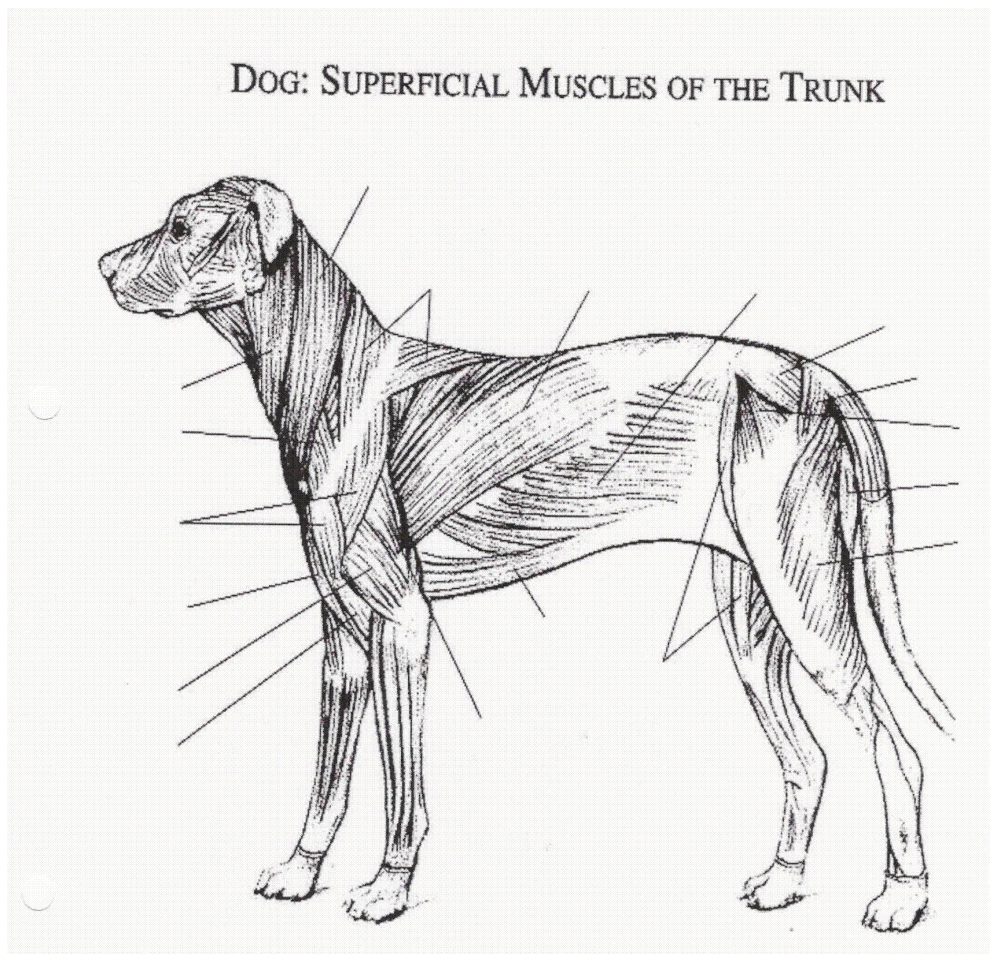
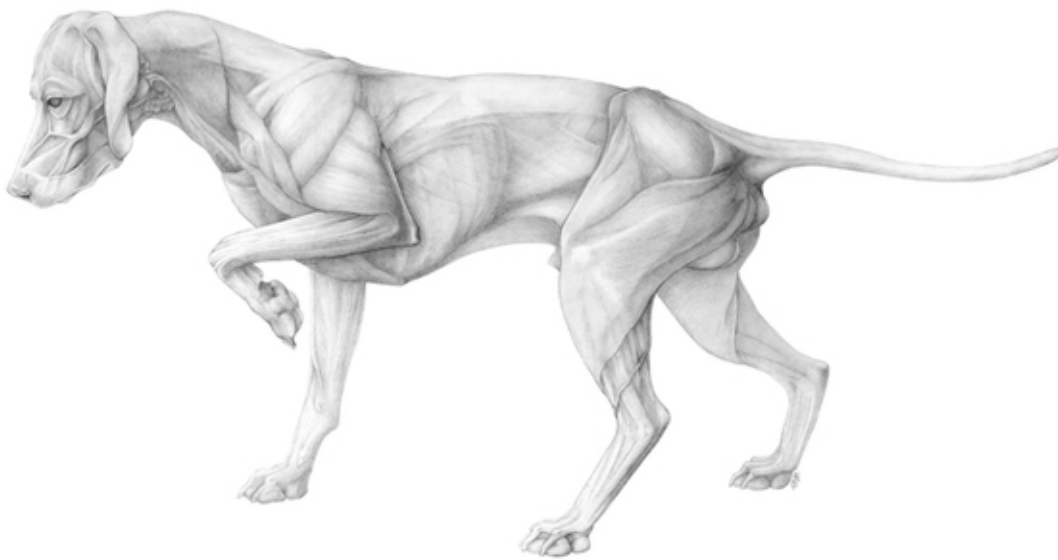
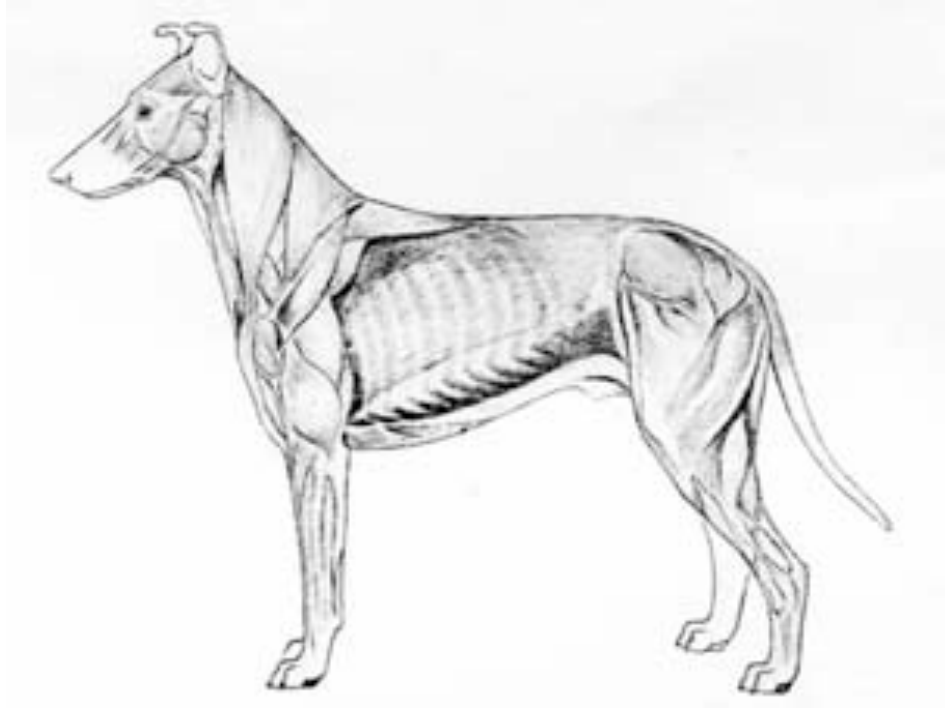


MASSAGE ROUTINES

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MASSAGE ROUTINES TO FOLLOW: (Allow 15 minutes per side)

1. **Diagnostic Massage:** By running your hands and fingertips over areas to feel for tenderness, swelling or other abnormalities. Watching for lumps, sores, swelling, fever, eye/sinus discharge, reactions such as snapping, flinching or crying out. This routine can be utilized by owners in conjunction with or as a relaxation massage (pure nervous system stimulation, with superficial pressure only, allowing for a release of endorphins) or on a periodic basis to assess for bodily changes or problems.

Follow this routine:

- a. Head: feel the skull, cheeks and temples and bones behind the ears.
 - b. Neck: Spine and neck muscles felt n the top and sides of the neck and also feel the throat.
 - c. Spine: Feel down all of the bumps of the spine (spinous processes) and the muscles on either sides of the bumps.
 - d. Shoulder and front leg: Feel down each side for the muscles (front / back / sides of the legs)
 - e. Pelvis and Hind Leg: Feel down each side for the muscles (front / back / sides of the legs)
 - f. Ribs: Feel along each rib from the spine to the chest.
 - g. Skin & Fur: Check for fleas, ticks, lice, rashes, bald spots or sores.
 - h. Anus: Anal glands and what looks like grains of rice (indicating tapeworm eggs)
 - i. Penis or Vulva: look for signs of redness, discharge or swelling
 - j. Lymph Nodes:
 - Under the jaw in the neck
 - In the armpits (axilla)
 - In the lower abdomen
 - In the groin
 - Behind the stifle (knee)
 - k. Eyes, Teeth, Ears & Mouth: Look for discharge, redness, discoloration, pale gums, abscessed teeth, bad breath, etc.
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2. **Relaxation massage routine:** all light touch, utilizing stroking, effleurage, light wringing or circular massage techniques.
 - a. Start at the poll of the head: small diameter circles with the poll in the palm of your hand
 - b. Ear strokes: gently pull the ears outwards from base to tip, rubbing and stroking
 - c. Gum massage: using fingertip circles along the gums
 - d. Back work: light long strokes along the spine and gentle wringing across the back.
 - e. Sacrum work: slow circular pressures
 - f. Tail work: gently pull on the tail, move it in a circular motion, slowly stroke down the tail one vertebra at a time.
 - g. Effleurage down each limb

3. Therapeutic massage routine: *Begin by stroking or petting the dog (or cat / bunny / ferret etc) quietly and gently to gain the animals trust and willingness to participate. Then start into your therapeutic massage strokes depending upon your reason for massage or goals of massage.*

- a. Shoulder down to Front foot, & Paw
- b. Hip down to Back foot, & Paw
- c. Abdomen
- d. Body
- e. Spine (all along the back)
- f. Neck, Head and Ears

Or

- a. Spine
- b. Head, Neck & Ears
- c. Shoulders & front legs
- d. Chest
- e. Abdomen
- f. Hips & hind legs

End with light strokes, barely touching. Going from head to tail, shoulder to front paw and hips to back paw.

4. Sports Massage: To invigorate muscles, increase blood flow and prepare the body for activity. Typically done in standing, and can be used before the animal's warm up routine. Se of tapotment, vibration & vigorous petting / stroking

Follow this routine:

- a. Pet UP the spine & neck – against the lay of the hair
- b. Pet UP the legs
 - a. Flat hand or using fingertips
- c. Clapping / Tapping
 - a. Chest, upper 'arm' & shoulder, and upper thigh & hip
- d. Vibrations / Shaking / wringing the limbs

NOTE: No stretching, no 'digging in' and follow with the dog's sports warm up routine (i.e. jogging, low jumps, tugging, etc)