

Part 2



MASSAGE 101

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MASSAGE 101

- + REVIEW what we already covered
 - + What massage can do
 - + Contraindications, Precautions, What to avoid
 - + Body, Breath & Mind

- + TODAY
 - + Elements of Massage
 - + Setting up the Session
 - + Dog 'signs'
 - + Health of muscles





MESSAGE 101

ELEMENTS OF MASSAGE

MESSAGE 101

+ ELEMENTS of Massage

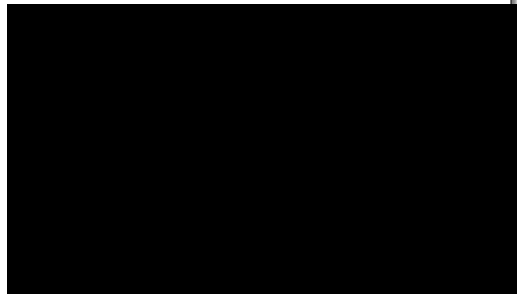
- + LIGHTNESS
 - + Too heavy / Too light
 - + Body part dependent
 - + Gauge the response
 - + Slowly sink into depth



MASSAGE 101

+ ELEMENTS of Massage

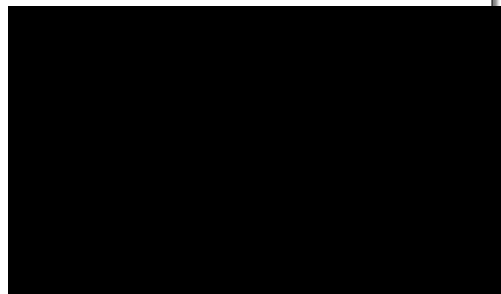
- + DEEP
 - + – use fingertips
- + INTERMEDIATE
 - + – press at a 45° angle
- + SUPERFICIAL
 - + – use the pads of your fingers
- + VERY SUPERFICIAL
 - + – use a flat palm



MASSAGE 101

+ ELEMENTS of Massage

- + EXCURSION
 - + Distance of the Stroke
 - + Short vs Long
 - + (Relaxing vs therapeutic)
- + (Try on your thigh)



MASSAGE 101

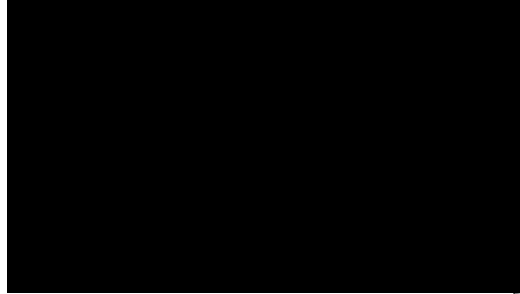
+ ELEMENTS of Massage

+ Rhythm & Speed

- + Rate of motion
- + Music
 - + Slow = relaxing
 - + Fast = stimulating

+ Continuity

- + One hand on the patient at all times
- + Hand over hand technique



MASSAGE 101

+ ELEMENTS of Massage

+ Duration

- + Time spend in any one area
- + Number of strokes in one area
- + Treatment time
 - + 30 mins may be all that tolerated

+ Sequence

- + What & when
 - + Types of strokes, kind of pressure
 - + Do not start on sore spots





MESSAGE 101

SETTING UP THE SESSION

MESSAGE 101

+ SETTING UP THE SESSION

+ Where?

- + Where the animal is comfortable and relaxed
- + Which room?
- + Floor or bed?

+ When?

- + Certain time of day when animal is relaxed?

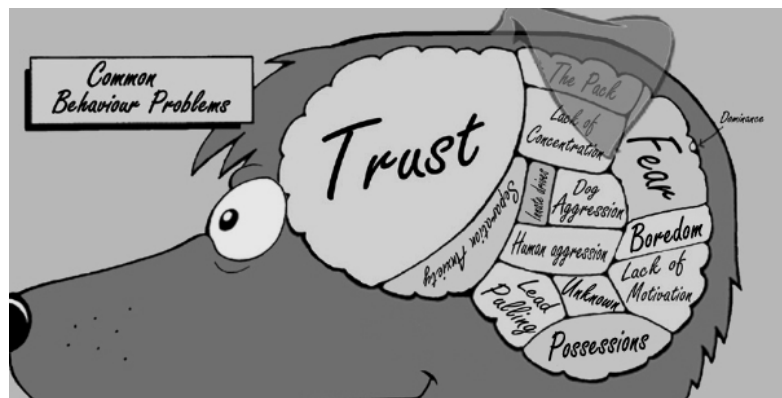
+ Who?

- + Who should be there? (i.e. perhaps not the dog's 'friends')

MESSAGE 101

+ SETTING UP THE SESSION

- + Calming the Dog
 - + Rescue Remedy. DAP. Lavender.
 - + Touch where comfortable being touched
 - + Speak kindly, softly, move slowly & thoughtfully.
 - + First touch should be full of warmth, soothing energy and healing intention
 - + Deep breathing & yawning
 - + Uncluttered atmosphere / calming music (?)
 - + Low voice, comforting, give praise



MESSAGE 101

LISTEN TO THE DOG

MASSAGE 101

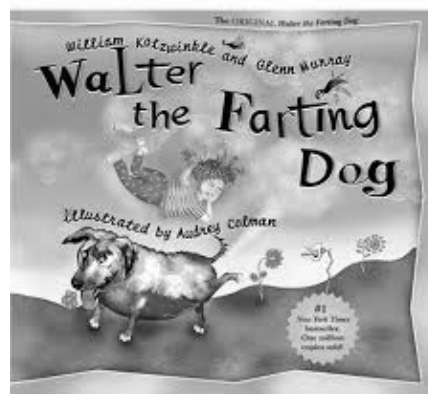
+ Dog warning signs of TOO MUCH PRESSURE

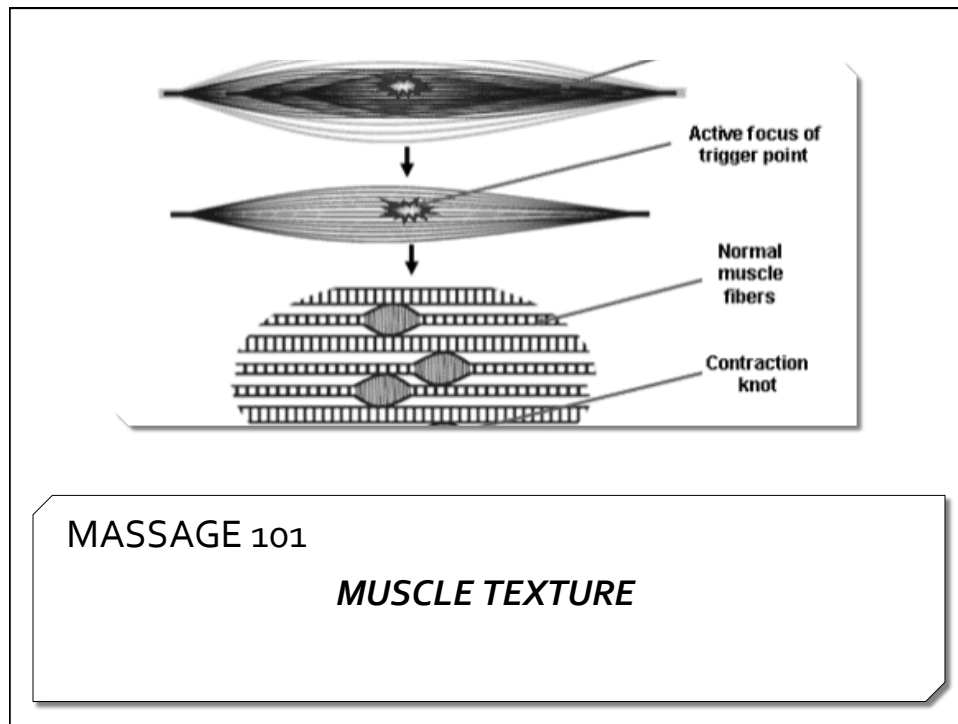
- + Eyes open versus closed
- + Rapid breathing pattern
- + Sideways glancing
- + Head on your hand
- + Sitting up / Moving away
- + Incessant licking
- + Sudden turn to look or snap at you

MASSAGE 101

+ Dog happy signs or THE RIGHT PRESSURE

- + Sighing
- + Yawning
- + Licking lips
- + Passing gas
- + Burping





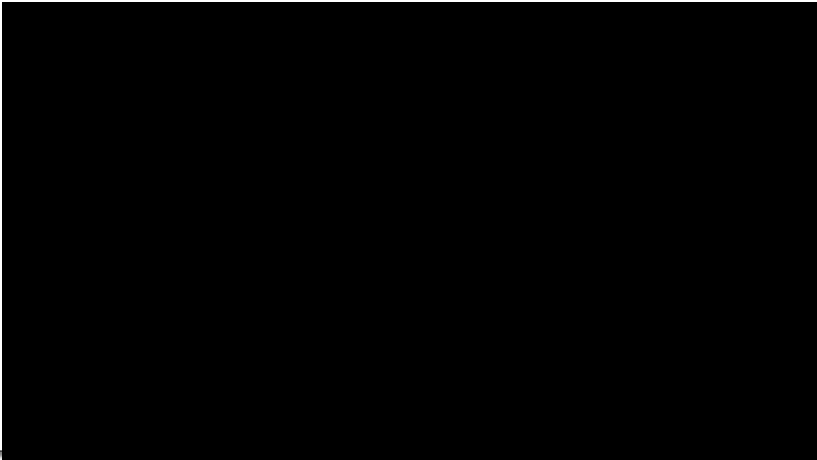
MASSAGE 101

+ HEALTH OF MUSCLES

- + You will learn to feel the difference between healthy, too tight, or too weak muscles
- + Healthy muscles or a relaxed healthy dog will be smooth, full & pliable, without 'bands' arising from within the tissues
- + If corded, stringy or hard (and not when contracting) – this is a spasm / knot / trigger point
- + A weak muscle may look hollow & caved in and feel small, flabby or possibly cold to the touch.

MASSAGE 101

+ RULE OF THUMB



Adapted from Paris & Viti 2007

MASSAGE 101

Muscle Tone	Description	Treatment
Hypertonicity		
Involuntary splinting	Muscle response is triggered by nociception in an effort to splint the back from further stress and injury.	Ignore the muscle reaction and treat the cause
Chemical splinting	Also involuntary (as above), it results in the retention of waste products which give rise to back pain. Overuse can also cause chemical splinting. Muscle retaining waste metabolites will appear to have an elevated resting tone and are tender and doughy to touch.	Treatments can include heat, manual muscle therapies, stretching and treatment of the underlying cause.
Voluntary splinting	Voluntary splinting occurs if nociception reaches the threshold for pain, and the patient voluntarily splints the affected part.	Treatment involves the prescription of movement and motion needs to be encouraged.

MASSAGE 101		
Muscle Tone	Description	Treatment
Hypotonicity		
Disuse atrophy	The presence of pain or stiffness has resulted in a loss of normal mobility. The muscles may feel to have lost bulk, lack normal tone and feel somewhat fibrous.	Treatment is to restore motion, heat, and treatments to encourage circulation, followed by specific exercises.
Wasting & fibrosis	The result of neurological or surgical interference with normal nerve conduction.	Treatment is to promote circulation and exercises to train the remaining muscles.

Adapted from Paris & Viti 2007

MASSAGE 101		
Muscle Tone	Description	Treatment
Normal tone / Shortened tissues	Adaptive shortening results from muscles being held in a shortened position.	Treatment includes muscle elongation by stretching or massage.
Compartment syndrome	Hypertrophy can result in muscle restriction within their fascial compartments, resulting in chronic unilateral or bilateral paravertebral back pain.	Treatment includes mobilizations to vertebral structures and stretching out of the connective tissue envelope.

Adapted from Paris & Viti 2007

MASSAGE 101

+ GREAT!

- + Now go practice your touch... how to relax dogs with your touch & your breath.
- + Practice feeling muscles... can you identify normals and abnormals?

+ Next Video

- + Techniques

