

# *Enhance your dog's health and well-being with Therapeutic Canine Massage!!*

Benefits of massage:

- Reduces the potential for injury by alleviating muscle tension and spasms and by elongating and softening connective tissues.
- Increases blood circulation and therefore the supply of oxygen and nutrients to the muscle which speeds up metabolism and helps rid the body of toxins.
- Promotes healing and overall wellness, including the condition of the skin and coat.
- Increases lymph flow. The lymph is fluid containing white blood cells and is the workforce of the immune system.
- Improves overall muscle balance and reduces soreness, stiffness and pain.
- Reduces stress and tension.
- Stimulates acupressure points, encouraging the release of endorphins which play a role in pain relief.
- Can speed recovery time from injury or surgery.
- Regular massage aids in early detection of abnormalities such as swelling, injury, or painful areas.
- Promotes emotional well being.

All dogs can benefit from therapeutic massage. For example:

Puppies:

- Enhances socialization.
- Acclimates youngsters to touch, especially to the paws and ears, preparing them for grooming and medical care.
- Assists in body awareness, helpful during growth spurts.
- Helps calm energetic puppies.
- Reduces muscle and joint tension in large breed dogs whose bones grow so rapidly.

Recently adopted or shy dogs:

- Assists with socialization.
- Reduces stress and anxiety and builds self confidence.

Dogs recovering from injury or undergoing post-surgery rehabilitation:

- Enhances healing

Older dogs:

- Many older dogs suffer from chronic disorders and can benefit from massage therapy. Massage can stimulate and tone muscles atrophied by arthritis. Massage therapy can ease muscle tension and elongate connective tissue in the muscles our friends overuse to compensate for their afflicted areas. Massage therapy can revitalize joint fluid, increase range of motion and mobility in geriatric dogs, and reduce their pain.

*Note: Canine massage therapy is a complementary modality and is not a replacement for medical care and routine wellness check-ups with a veterinarian. Veterinary clearance is required.*