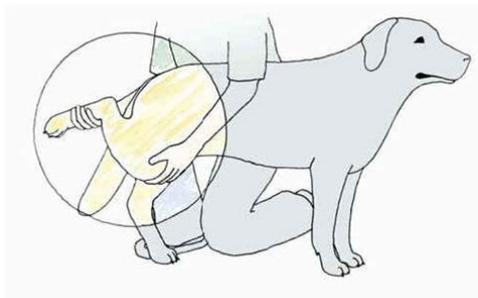


## canine massage and stretching a dog owner s manual

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Apart from the physical and psychological effects, you familiarise the dog with being handled and this can be of great value in other situations. As a dog owner you can massage and stretch your dogs muscles regularly. This enables your dog to maintain good health longer through life and improves the quality of your dogs life. The risk of injury is substantially reduced and you may be able to detect changes in your dogs health before they can be seen. Massage and stretching will give you a happy and healthy canine friend. Your dog will want a massage and will no longer be content with random rubbing and nether will you. In this colourful book you will learn the basics of dog massage and stretching in a simple step by step manual. The authors are licensed dog physiotherapists and treat dogs with muscle, tendon, joint and cartilage related problems. All Rights Reserved. Something went wrong. You can add this item to your watch list to purchase later. Learn more opens in a new window or tab This amount is subject to change until you make payment. For additional information, see the Global Shipping Program terms and conditions opens in a new window or tab This amount is subject to change until you make payment. If you reside in an EU member state besides UK, import VAT on this purchase is not recoverable. For additional information, see the Global Shipping Program terms and conditions opens in a new window or tab Learn more opens in a new window or tab Learn more opens in a new window or tab Learn more opens in a new window or tab Learn more opens in a new window or tab No obvious damage to May be very minimal identifying marks on the inside cover. Very minimal wear and tear. See the seller's listing

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Apart from the physical and psychological effects, you familiarise the dog with being handled and this can be of great value in other situations. As a dog owner you can massage and stretch your dogs muscles regularly. This enables your dog to maintain good health longer through life and improves the quality of your dogs life. The risk of injury is substantially reduced and you may be able to detect changes in your dogs health before they can be seen. Massage and stretching will give you a happy and healthy canine friend. Your dog will want a massage and will longer be content with random rubbing and nether will you. In this colourful book you will learn the basics of dog massage and stretching in a simple step by step manual. The authors are licensed dog physiotherapists and treat dogs with muscle, tendon, joint and cartilage related problems. Jorn Oleby is a qualified sports and health instructor for humans. If you dont follow our item condition policy for returns, you may not receive a full refund. Refunds by law In Australia, consumers have a legal right to obtain a refund from a business if the goods purchased are faulty, not fit for purpose or dont match the sellers description. More information at returns. Contact the seller opens in a new window or tab and request postage to your location. Please enter a valid postcode. Please enter a number less than or equal to 2. All Rights Reserved. User Agreement, Privacy, Cookies and AdChoice Norton Secured powered by Verisign. These activities allow us to spend time with our dogs while also keeping them physically and mentally alert. Some of us show dogs where their appearance and breed attributes are judged. Perhaps we should also pay greater attention to assessing mobility to encourage the sort of care that can spare dogs unnecessary injuries in the future. A wellfunctioning dog has retained its natural elasticity and suppleness.

When a dog has shortened musculature or high muscle tone, pressure is exerted on the joints leading, in turn, to decreased mobility. Muscles, joints, tendons and ligaments then receive insufficient nutrition and less oxygen. Reduced blood flow also means that lactic acid accumulated in the muscles is not naturally transported away. The lactic acid builds up along with other waste products leading to irritation of the pain receptors in the muscles. The dog experiences pain. Pain, in turn, causes further tension and reduces blood flow even more. A vicious circle arises and can persist for some time if it is not diagnosed or recognised and treated. Another illness that might reduce our dog's mobility is Arthrosis. It is usually composed of fibrous connective tissue and cartilage and is very common in older persons or dogs, especially affecting weightbearing joints. Articular cartilage becomes soft, frayed and thinned. But also younger persons or dogs might develop Arthrosis due to genetic reasons, injuries or the combination of overweight and too little exercise. A common symptom of Arthrosis is stiffness and lameness. The dog should have warmed up and exercised before you start to stretch the muscles and I recommend that you allow your dog to wind down after physical exertion. Let the dog walk for a while on the lead in the same way a race horse runs an extra lap at halfpace to round off the race. This helps to remove lactic acid and waste products. As with massage it is important that the dog is relaxed before you start this treatment. In this way the muscles soften up and are ready for physical activity. Competitive or working dogs should warm up in a more goaloriented way. I also strongly recommend that you allow your dog to wind down after a competition or an active session before any stretching activities. The dog is now ready to perform. You should be sensitive to your dog's signals. The dog should not experience any discomfort.

If it does, don't hesitate to contact the vet. Massage and stretching are a complement to daily exercise, obedience training and diet and build contact between you and your dog in a natural way. Massage is an enjoyable way of strengthening the bond with your family dog and your canine friend will love it. Move the leg forward and upwards, stretching the elbow joint and the flexor muscles of the foreleg shoulder joint. ". Lift the leg upwards so that the knee is bent. Push gently upwards and

backwards with the hand positioned above the knee joint.” And it is enjoyable. And when you come home reward the dog with massage and you will get a happy performing dog ready to take up challenges. Here is an example of one of the basic massage techniques. These activities allow us to spend time with our dogs while also keeping them physically and mentally alert. Professionals, including police and security guards, use dogs at work. We expect these dogs to have a welldeveloped physique in order to perform the work they are trained to do. A lot of time and money is spent on training a smart and efficient dog. There is considerable research and many opinions on the topics of what food and exercise is best for our dogs. We all have our animals’ best interests at heart. Good care and high quality dog supplies are essential. A high quality, comfy Dog Bed is also a must have your pet requires ample rest to feel at their best. This Orthopedic Cuddler Dog Bed by Mixjoy is a favorite for dogs that like to snuggle. No matter how well we take care of our dogs, disease and injuries do still occur. If the injury is related to the muscles, tendons, joints or ligaments a vet or physiotherapist can help. If there is a defect in the hip or elbow joints and in cases caused by poor breeding, the only treatment available is pain relief. As dog owners there is nothing we can do to repair problems related to poor breeding nor can we prevent all accidents.

However we can prevent muscle related problems and strain injuries by massaging and stretching our dogs regularly. This keeps the dog wellbalanced physically and psychologically, allowing him to retain the agility of a young dog to an advanced age. A dog with restricted mobility has short and stiff muscles. When a dog has shortened musculature or tonicity, pressure is exerted on the joints leading, in turn, to decreased mobility. Muscles, joints, tendons and ligaments then receive insufficient nutrition and less oxygen. Reduced blood flow also means that lactic acid accumulated in the muscles is not naturally transported away. The lactic acid builds up along with other waste products leading to irritation of the pain receptors in the muscles. The dog experiences pain. Pain, in turn, causes further tension and reduces blood flow even more. A vicious circle arises and can persist for some time if it is not discovered and treated. Another condition that may reduce our dogs’ mobility is Arthrosis which is usually formed of fibrous connective tissue and cartilage. Arthrosis is very common in older persons and dogs, and predominantly affects weightbearing joints. Articular cartilage becomes soft, frayed and thinned. However young people and dogs may develop Arthrosis due to genetic predisposition, injuries or a combination of excess body weight and too little exercise. A common symptom of Arthrosis is stiffness and lameness. Studies have shown that regular massage and stretching help prevent and reduce the effects of Arthrosis and age related stiffness. Massage and stretching should complement daily exercise, obedience training and proper diet and help build a strong bond between you and your dog. Warming up before activity has a preventative effect and stretching is just as effective after the dog has used its muscles.

The dog should have warmed up and exercised before you start to stretch the muscles, and I recommend that you allow your dog to wind down after physical exertion. Let the dog walk for a while on lead in the same way a race horse runs an extra lap at half the pace to round off the race. This helps to remove lactic acid and waste products. As with massage it is important that the dog is relaxed before you start this treatment. Hold the dog’s elbow with one hand, grasping the wrist with the other. Move the leg forward and upwards, stretching the elbow joint. Stretch the muscle slowly and carefully to its full extent. You will feel when the muscle becomes taut, causing resistance at the back of the upper foreleg. The ultimate position can vary considerably depending on age, breed and mobility capacity. Hold this position for 15 to 30 seconds. Repeat the movement between 1 and 3 times. At each repetition you can gently try to extend a bit more. The aim is to work up good mobility in the muscle by stretching. The result can be seen in extended gait. If the muscle is shortened the dog might appear to be lame. Overweight dogs place greater pressure on these joints and ligaments. The same is true of large, heavy breeds. If they also suffer from shortened muscles the pressure on the joints can be considerable. By stretching you keep the muscles extended and pliable and also increase the mobility capacity around the joints. In this way the muscles soften up and are ready for

physical activity. Competitive or working dogs should warm up in a more goal-oriented way. First remember that the dog should have warmed up and exercised before starting a competition or an activity session. I also strongly recommend that you allow your dog to wind down after a competition or an activity session before any stretching activities. You should be sensitive to your dog's signals. The dog should not experience any discomfort. If he does, don't hesitate to contact your vet.

Lift the leg upwards so that the knee is bent. Push gently upwards and backwards with the hand positioned above the knee joint. And when you come home reward your dog with massage and you will get a dog that is happy to perform and ready for new challenges. Massage and stretching are an essential and a low cost investment in your dog's health and can greatly improve the quality of your dog's life. For further information on caring for your pets comfort especially for elderly pets, read the in-depth article Reiki Healing Your Dog An Interview With Annette M. Amelkovich. Another great read is Dog Arthritis A Pain In The Joint. For pets that might need to lose a little weight, check out our article Is My Dog Overweight. With some serious attention to detail and a lot of love, we can care for our dogs and provide them with the comfort that they deserve. Pictures used from the book. Article used by permission. Your Classified Here Kerstin Haase is an experienced dogThe dog may apartThey are a complement to daily training and diet and areShould any physical problems arise youRegular massage and stretching help prevent strainInjury can be caused by trainingThe muscles become tiredThe musclesA weak muscle is more easily tired and more easilySecondary problems may also arise if you continue to train theThe dog may have aIf you learn how to massage andYou can compare how theAs an owner of performing dogs we also train our dogs hard toTo achieve that,The physical training is aPerforming dogs are trained inToo much training when the dogThis all makes the preventive care so much moreThe same approachYou can progress faster with tougher training if youMassage alsoWith stretching you work up good mobility in the muscle and aroundLift the leg upwards so that the knee is bent.

Push gentlyAnd when you come home reward the dog with massageSled Dog Central is a subsidiary of Vega Discoveries, LLC No portion of this site may be published, broadcast, rewritten or redistributedAll materials appearing on this site, including the text, site design, logos, graphics. Apart from the physical and psychological effects, familiarising the dog with being handled can You can massage and stretch your dog's muscles The risk of injury is substantially reduced. Features The book is intended to They set about this in a systematic way. They give advise on when to massage and stretch, In a handy sized book as this, aimed at ordinary dog owners rather Again, there is a summary section that I kept open on the This is essential before and after activity for preventative purposes. Then come nine Well, I've only managed They both seemed to think they were I think as they get more used to it my dogs will indeed Possibly at cover price a hard cover would be more appropriate at the cost. First impressions were excellent a convenient sized book about 10in by 10in with an A quick flick of the Haase and Jorn Oleby are quite obviously dog owners themselves who enjoy the company of their Jorn Oleby is a qualified sports and Kerstin Haase is an experienced dog breeder and gives courses in Australian Cattle Dogs. Judging began in 1992, and has included Championship classes and the ABC Final. Perry. I loved this book! I read it on a sunny afternoon in one sitting and found it to be As an animal therapist myself, I have found some of the books designed to help you to massage However, this book The authors The over riding view is that massage Kingswoods experiences, putting theory into practice. Learn the techniques of a recognized expert in the field so that you can bring the wellknown benefits of massage to your dog or become a canine massage professional.

Canine Massage, A Complete Reference Manual, 2nd edition has dozens of photos and illustrations that will guide you every step of the way. It is the most complete book on the subject. New in this editiondetailed examinations of muscular stress points, diagnoses and treatments. Information you cant find anywhere else. You will learn The basics of canine anatomy and kinesiology. Massage

movements, pressures, techniques and systems. Massage routines designed to address specific health problems. Stretching and hydrotherapy techniques. Use of massage to relax and bond with your dog. Tips on how to run a canine massage business. What dog professionals say about Canine Massage With sensitive insight and simple language the author describes common muscular problems underlying gait irregularities. JeanPierre explains how hands skilled in massage can contribute to a dogs comfort and healing. Rachel Page Elliott, author, Dogsteps. A New Look. A landmark book and video on canine gait and structure. JeanPierre Hourdebaigt has masterfully applied wellknown, effective human massage techniques to dogs. Canine Massage is a wellorganized, highly readable book that places those techniques at your fingertips. Author JeanPierre Hourdebaigt, L.M.T. was born in the south of France and came to Canada in the early 1980s where he pursued a successful career as a Licensed Massage Therapist treating many wellknown athletes and dignitaries from around the world. More recently he has used his empathy and compassion for animals to develop massage techniques especially designed for dogs and horses. Also by JeanPierre, Equine Massage A Practical Guide. What reviewers are saying. NORTH SHORE NEWS Those aches and pains are usually the result of overexertion and are more prone to occur as we get older. These same pains happen to our canine friends and they too can benefit from massage treatment. JeanPierre Hourdebaigt has been a massage therapist for over 20 years.

His compassion and empathy for animals has prompted him to develop massage techniques specifically designed for dogs. Beginning with an examination of canine anatomy and physiology, Hourdebaigt follows with dog kinesiology. Through these opening chapters the reader is offered a better understanding of how a dog moves and the muscles that make it possible. Then Hourdebaigt introduces the principles and techniques of massage and specifically how they apply to dogs. Massage routines, stretches and dealing with common problems are just some of the lessons provided. Detailed illustrations and accompanying photographs help to illustrate the methods. Hourdebaigts approach is gentle and meant to establish a strong relationship between you and your dog. By starting slowly and building trust you will be able to greatly increase the quality of care you can provide for your dog. Terry Peters APDT This book provides a comprehensive and indepth study of canine massage. It is designed to provide practical advice and information to professionals and nonprofessionals in an effort to assist with the healing of injuries, provide relaxation, improve general health and fitness, and become acquainted with your dogs overall anatomy and musculoskeletal system. The emphasis of this book is how to apply effective human massage techniques to canines. This includes general principals of massage, massage movements, specific massage techniques, and routines. As a canine of rehabilitation practitioner of seven years, I found his knowledge and expertise to be well founded with a basic, yet practical, approach. He provides an excellent chapter on common stress areas, how to identify them, signs and symptoms, and a logical and organized manner in which to treat them. This may be of particular interest to the canine athlete owner, as such great demands are placed on the canine bodies, and little is known regarding preventative or curative massage treatments.

I found this chapter insightful and extremely valuable in providing a simple, yet systematic manner in which to identify and treat stress points. This will enable the owner to maximize the dogs physical performance and potentially prevent injury. In all my own coursework, no instructor has addressed this issue as comprehensively as JeannePierre. Therapeutic massage is not just a science, but an art as well. He provides an excellent knowledge base of anatomy, physiology, and kinesiology of the canine; and his massage techniques appear to be based on successful clinical application. These techniques have proven to be true in the human world of massage and physical therapy as well. I would highly recommend this book to professionals as well as nonprofessionals. It provides a wealth of information that would benefit the owner in understanding and discovering their dogs anatomy and musculoskeletal system, and a systematic and practical approach to canine massage. Lillian Metteer PT, MTC MIDWEST BOOK REVIEW Now in an updated second edition, Canine Massage A

Complete Reference Manual is for dog trainers, breeders, handlers, and ordinary pet owners alike. Canine Massage is a serious, indepth guide written by an expert, for professionals, although it is comprehensible to lay people. Become a Clinical Canine Massage Therapist. See your dog feel the difference! Learn 15 stretches and a flow routine. Disparaging information has sadly in the past made many owners dismiss canine massage as a viable, results driven therapy. The Clinical Canine Massage Therapist will have a minimum of 2 Years training and specialise in the rehabilitation of muscular injury and Myofascial pain as well as providing pain management for the support of orthopaedic issues such as arthritis and hip dysplasia in dogs. Using 4 Disciplines of Massage and over 50 techniques the practitioner has a unique skill set to aid in a dogs return to mobility and vitality using a scientific approach.

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The story behind the organization for Pet Oxygen Masks for First Responders Baby Massage Pet Dogs Dogs And Puppies Animal Reiki Short Dog Dog Lady Guide Dog Dog Agility Dog Friends A Dog Lovers Guide to Canine Massage A Dog Lovers Guide to Canine Massage is a fully illustrated book that will be available in October 2008 from [www.caninemassagebook.com](http://www.caninemassagebook.com) Written by canine mas. Pinterest Explore Log in Sign up Privacy.