



Member of The Institute of Registered Veterinary and Animal Physiotherapists (IRVAP)



Preparation

Find a quiet, comfortable space for your pet. Ensure they are relaxed and in a comfortable position.

Introduction: Begin by gently introducing your hands to your pet's body. Offer soft strokes along their back or the affected limb to ease into the massage.

Long Stroking Technique: Start the massage with a gentle long stroking technique. Use smooth, continuous strokes along the back or the length of the affected limb. This helps to warm up the muscles and relax the central nervous system.

Circular Motions: If massaging a limb, switch to circular motions. Alternate between going with the hair and against the hairline to cover the entire muscle area. Maintain a steady rhythm and ensure both hands remain on the pet's body to avoid interruptions.

Focus Areas: When massaging along the back, avoid applying pressure directly on the spine. Instead, focus on the muscles on either side of the spine. Use gentle stroking or circular movements to alleviate tension and promote relaxation.

Kneading Motion: Work up and down the limb using a kneading motion with both hands. This helps to further release tension and increase blood flow to the area.

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Adjust Pressure: As the muscle warms up, gradually increase the pressure of your massage. Pay close attention to your pet's reactions and stop immediately if they show any signs of discomfort.

Observation: Throughout the massage, observe your pet's body language and responses. Look for signs of relaxation, such as sighing or leaning into the massage, as well as any signs of discomfort.

Duration: Aim for a massage session of around 10-15 minutes, gradually increasing the duration as your pet becomes more accustomed to the massage.

Post-Massage Care: After the massage, offer your pet some quiet time to rest and relax. Provide plenty of water to keep them hydrated and monitor their behaviour for any changes or improvements.

By following this step-by-step massage plan, you can help relieve tension, increase blood flow, and promote relaxation for your furry friend, ultimately aiding in the management of their joint pain and discomfort.

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