

Relaxing Massage Techniques

For your Dog

MASSAGE YOUR DOG IN THE COMFORT OF YOUR OWN HOME USING A FEW BASIC TECHNIQUES

We all know that massage is good for the mind and body. It is such a great way to relax both mentally and physically. Part of living your best life is finding a way to allow yourself to relax mentally while feeling the affects physically.

Enjoying the company of your dog while giving them a massage can be very therapeutic for both you and your dog. There are some simple massage techniques that you can use in specific areas, in the comfort of your home that can help reduce your dog's stress level and provide preventative care for those sore, tight muscles.

It doesn't have to take long, a ten minute rub down in just the right areas can calm the mind rejuvenate the body.

You may be thinking "but my dog doesn't need a massage". I can tell you, after my dog gets a massage, he gets up and does the biggest stretch. I don't know about you but I love seeing my dog stretch out comfortably and feel so good in his movements. You may even see them yawn during the massage, which is always good sign.

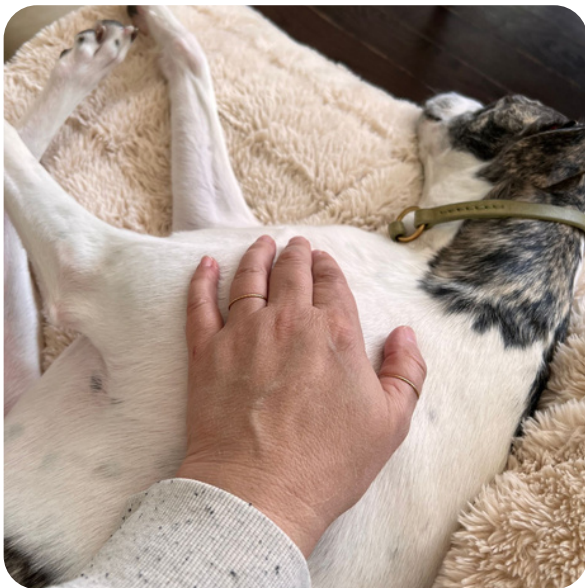
Dogs carry 60% of their body weight in the front of their body. This means their upper back, shoulders and neck. This gets compounded when your dog suffers from pain or injury involving their back legs, causing the weight to shift from the back of the body to the upper back and the front limbs.

This is why massage, although relaxing, can also be very therapeutic if your dog suffers from injuries, sore joints and muscles. Classically, people store their stress in their shoulders and neck, well so does your dog!



The Upper Back

This area can be found by finding the middle of your dog's ribcage and following it up to their spine. Feel their spine and then place your thumbs on either side. Begin by stroking the muscles along the spine heading up towards the base of the neck. Return your hand back down to the center of the upper back and begin gentle, circular motions with your thumb moving your way up towards the base of the neck. End with several strokes along the side of the spine.



The Shoulders

Move to the area around the shoulder blade, cup your hand over the shoulder and with gentle pressure, stroke back towards the spine. You can do this stroke several times. Now using the heel of your hand (thumbs for smaller dogs and cats) move in circular motions with gentle pressure moving towards the point of the shoulder, using the stroke technique back towards the spine. Repeat this motion several times, ending with the stroke technique.

The Neck

Cup your hands on either side of their neck (if on their belly) and line your thumbs up with the spine in the center of the neck. Gently apply squeezing pressure with your hands and fingers, while making circular motions with your thumbs. Inch your way up the neck to the base of the skull. You can then cup your hand along the neck and while applying gentle pressure, stroke back down to the base of the neck. Repeat this process several times, always ending on the stroke technique.

