

# IN CLINICAL TRIALS WITH WINCHESTER UNIVERSITY 95% OF DOGS RESPONDED POSITIVELY TO CLINICAL CANINE MASSAGE THERAPY\*

\*as published in the 'Vet Record'  
by the British Veterinary Association



### The Five Principles of Pain

Practitioners' classification of issues with input from owner.  
Gait, Posture, Daily Living, Behaviour, Performance.  
Assessment is made before each treatment.

1

#### Advanced Palpation

A specialised procedure whereby therapists read and translate muscle / fascia injury / dysfunction using precise palpatory techniques, grip modulation and force control to comfortably assess pain.

### The Lenton Method®

2

#### Body Mapping

A comprehensive standardised anatomical map of primary and secondary areas of muscular injury and fascia dysfunction, used with palpation. Promotes consistency between practitioners.

3

#### Seven Protocols

A unique set of complex, direct myofascial releases utilised to address chronic structural imbalance and presenting pain.

Preceded by sports, deep tissue and Swedish massage.

**"This groundbreaking study is set to revolutionise the way we think about clinical canine massage therapy."**

Natalie Lenton, founder of the Canine Massage Guild and Canine Massage Therapy Centre, and creator of the Lenton Method®



Visit our website to find your local Canine Massage Guild registered therapist trained in these tested techniques.

[www.K9MassageGuild.co.uk](http://www.K9MassageGuild.co.uk)

## CANINE MASSAGE GUILD

# ALBERT'S STORY: CLINICAL CANINE MASSAGE AS PART OF THE VET-LED TEAM

By Jayne Strange of K9 Bodycare



*Albert is a 6 year old Jack Russell, a real character and the apple of everyone's eye. Albert suffered a sudden temporary paralysis (when the central nervous system's ability to co-ordinate the body's movements is diminished) of his hind limbs; his mum Karen could not understand how this had happened.*

Albert was taken to the vets, x-rays were carried out and found that he had slipped discs & had narrowing of discs within his Thoracic Vertebra 10,11,12 and 13. He had lost complete use of his legs, had no bladder/bowel control or ability to stand.

Karen discussed with her vets a treatment plan, which included medication, canine massage and acupuncture to assist with his voluntary movement and reduce the risk of severe muscle wastage (Atrophy).

#### Albert's first visit

When I first saw Albert, he had no bowel or bladder control, was unable to stand on his own, had no use of his hind legs, but was trying so hard to stand. Despite all this Albert was still his cheeky self and let you know he was here and it was all about him. Even though Albert is a very sociable boy, he was cautious of being touched so we took our time going at his pace and establishing our bond of trust.

Albert was holding a lot of tension within his body and due to not being able to use his back legs, his front legs were taking even more pressure than normal. In normal circumstances a dog carries 60% of its weight on their front legs, so you can imagine the pressure that he was having to bear on them now.

His neck & shoulders were tight (hypertonic), adhered and both were holding a number of knots (trigger points) within them. His flexor and extensor muscles on the front legs were taking a lot of strain and these were rock solid. Along



Albert's back he was twitching (radiating myofascial pain) and muscle wastage within his hips and hind limbs bilaterally. Proprioception on his left hind was more significant than on his right.

Albert welcomed the touch and relaxed very easily into the massage. I initially concentrated on relaxing the muscles which were being over-used and increasing the circulation to the muscles which had been under-used. During the treatment he released a lot of tension throughout his body.

I gave Karen some useful guidance and massage techniques so that she could continue working with Albert until our next treatment.



#### About the Author

Jayne Strange is a member of the Canine Massage Guild. She runs K9 Bodycare from her clinic in Worksop. You can find out more about Jayne at [www.k9bodycare.co.uk](http://www.k9bodycare.co.uk)





**Subsequent visits**

Albert's second Canine Massage Treatment Owner's comments: *"Albert had been trying to pull himself up and had been attempting to squat whilst going for a wee."*

I continued to work on reducing the referred pain and increasing the flexibility of the surrounding tissues, making it easier for Albert to move and assisting the development of the soft tissue in the tight and sore muscles. It was great to see Albert starting to feel the gentle manipulation around his hind legs and paws.

**Third treatment**

Owner's comments: "Albert stood on his own for a whole 2 minutes, 42 seconds, whilst eating his food and having a drink. This might not sound a lot, but from not being able to stand at all this is a huge achievement for him, 5 weeks ago I never thought we would get to this stage, but he's done it".

I treated Albert with various massage techniques to release the shoulders further and reduce the twitching that was running along his back and there were great improvements throughout his body.

On Albert's next treatment he had managed to walk on his own for a few minutes, even if it was a little bit wobbly

and was attempting more each day, always guided by his Veterinarian to ensure he wasn't over doing it. During this treatment, his muscle tone within his hind legs had started to improve, however, there was slightly more tension in his shoulders than previous, this was due to the increase of activities he was now able to do. I worked further with Karen, showing her various warm-up and cool-down techniques that she could do with Albert before and after activities that would help improve this.

**Conclusion**

Normally, we only see dogs for an initial 3 sessions, but with paralysis this can be longer depending on how the dog responds. With Albert, I saw him initially for four sessions and after the fourth session we agreed that we would see him in one month's time to see how everything was going, and he was doing just fine.

It is an absolute privilege to be working with Albert and Karen and being part of his recovery journey. I am happy to report that he is coming on leaps and bounds - he is now walking, trying to run, holding himself up when having a wee and three months after meeting Albert for his first Canine Massage he had his first proper walk!

Karen and I keep in regular contact and she keeps up with the techniques I showed her to do with Albert on a regular basis, ensuring those muscles are kept healthy.



**Owner Comments:**

*"The beginning of July 2019, I will never forget. I had arrived home with Albert from work (Albert came to work with me) and my boy couldn't stand properly and was dragging his back legs. I was so scared for Albert and immediately rang the vets. I thought, I was going to lose him after finding out by my vet Gonda that Albert had slipped a disc. Albert showed so much determination that he was going to fight this and he did. A friend had recommended Jayne Strange at K9 Bodycare. I made the phone call and Jayne made me feel there was hope for Albert, we chatted, she listened, she advised me, Jayne was so warming and I felt comfortable making arrangements to see her. Our first visit Albert wasn't of course his normal self but he soon warmed to Jayne. I cannot thank Jayne enough for her time, patience, love & commitment she gave Albert. Without Jayne I do believe Albert wouldn't be where he is today. I will continue to have further sessions with Jayne as I feel the work she does is amazing and Albert still benefits from seeing her. I highly recommend Jayne to anyone. Fabulous knowledge, so understanding, very professional, loves animals & I cannot thank her enough."*



**Does canine hydrotherapy need further enforcement and tighter guidelines?**

**AN OWNER'S PERSPECTIVE**

**Hydrotherapy is a type of water-based physiotherapy, often used as a complimentary treatment to rehabilitate a person or animal back to health, though can also be used on healthy clients as a form of fitness. With proven benefits such as improving range of motion, relieving pain and improving muscle mass, canine hydrotherapy has become increasingly popular in recent years. Despite the rapid growth of the canine hydrotherapy industry in the last decade or so (Houlding, 2011), the trade remains somewhat new and therefore, potentially unknown (Lindley & Smith, 2010), particularly to dog owners. As an unregulated field, that does not require hydrotherapists to be qualified (Houlding, 2011), nor is the industry covered by national legislation (Winter, 2016), means those unqualified could potentially be difficult to identify and cause more damage to the dog's health, while having no consequences.**



**About the Canine Massage Guild**

Proudly celebrating 10 years of highly skilled Clinical Canine Massage Therapists, specialising in soft tissue injury rehabilitation and providing chronic pain management for orthopaedic conditions. In clinical trials with Winchester University 95% of dogs responded positively to clinical canine massage therapy. As published in 'Vet Record' by the British Veterinary Association. **Providing results you can see and your dog can feel!**

Find your local Canine Massage Guild therapist: [www.k9-massageguild.co.uk/therapistregister/](http://www.k9-massageguild.co.uk/therapistregister/)