

# Massage: Part of Your Animal Companion's Whole Wellness

An integrative wellness plan for your animal companions will help maintain their health, address issues naturally and optimize their performance and disposition. In addition to chiropractic care that you get through Dr. Becca with [Perpetual Motion Animal Chiropractic](#) for your cats, dogs and horses, Peace of Mind, Body & Soul works with you to develop a custom program using a variety of therapeutic options based on their needs:

- Canine or equine massage therapy
- Energy work, Reiki
- Acupressure
- Raindrop Technique®
- Aromatherapy
- Supplementation



You can learn how to apply some of these therapies on your own as well. For instance, you can easily be taught how to administer the Raindrop Technique®, which is an all natural immune boosting process using therapeutic-grade essential oils and a few massage strokes. Early spring before competitions, camping, traveling, hiking and ride season begins is a perfect time to give your dog or horse that extra immune stimulant.

Often massage therapy is used in a preventative maintenance plan along with chiropractic care for humans and it works the same for animals. The chiropractic adjustment will align the animal's spine and massage can help condition the surrounding soft tissues. The tissue will compensate, stretching or contracting due to the misalignment and massage will help bring them back to their natural form faster and help maintain the alignment. There are also a variety of modalities that can be easily incorporated into massage: trigger-point therapy, Reiki, aromatherapy and acupressure can be done during a massage to provide a unique and beneficial experience for your dog or horse.

## How does massage help an animal?

An animal will benefit from massage in many of the same ways we do, both physically and emotionally. Massage can be effectively utilized on canine and equine athletes performing to their limits, those that have injuries or illness, under stress or tension and the elderly. The best practice is to execute a preventative maintenance schedule with a three to six week rotation depending on the animal's health and activity level. An animal can also be treated for an injury to expedite their recovery and then put on a maintenance program. Here are some of the many benefits your animal companion will realize from massage therapy:

- Improves circulation and promotes healing of injuries
- Relieves muscle spasms
- Secretes toxins
- Lubricates joints and can help ease arthritis
- Reduces stress and tension
- Increases range of motion
- Enhances muscle tone



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- Promotes positive disposition
- Increases mental clarity required for training and performance

## Does a healthy animal companion in their prime really need massages?

A dog or horse is often pushed the hardest when in their prime and well conditioned, which is exactly when they will become most vulnerable to injury or illness. No matter how athletic and healthy the animal, there is potential for injury, illness and stress points in the muscle will develop. Massage will break up the stress points in the tissue, helping prevent injuries. Also, taking action using integrative therapies such as massage and chiropractic will help deter issues and the onset of degenerative diseases.

Stress points develop in their body for various reasons – stress, fatigue, compensation from an injury, over use or improper use of their body, and even playing too hard. Stress points are micro-spasms involving only a few fibers within a muscle bundle. They feel like a spot of hardened, rigid tissue and on average vary in size from a small pea to the size of a quarter. When stress points go untreated, they can become inflamed, tender and could turn into a full blown muscle spasm or cause other health problems.

## Won't massage be painful for my animal companion if injured?

Direct contact to a swollen, tender or open wound will of course be painful. However, there are many tactics that can be used on a dog or horse to help reduce pain, inflammation and increase circulation, which in turn will help the animal heal faster. A trained animal massage therapist professional will know how to deal with your situation and will want to know the diagnosis from your vet.

There are some instances when massage is not appropriate including when the animal has a fever, contagious skin condition or possibly when cancerous tumors are present. Always consult with your veterinarian and massage therapist to discuss your specific situation and circumstances. Once healed, the dog or horse can switch back to their maintenance plan.



There is an integrative plan for your canine and equine companions. Let Peace of Mind, Body & Soul help you design and execute it to help your animal's overall well-being.

***About Peace of Mind, Body & Soul*** Products and services to help maintain the health and wellness of animals and people through integrative methods including animal communication, canine & equine massage therapy, Reiki, acupressure, Raindrop Technique<sup>®</sup>, Young Living therapeutic-grade essential oils, nutritional supplements & body care items. We also teach you how to perform many of these healing techniques through classes, clinics and demonstrations. For more information contact: Jenny Gott, ECMT, (952) 484-4396, [Info@animal-intuition.com](mailto:Info@animal-intuition.com), [www.animal-intuition.com](http://www.animal-intuition.com), Young Living #925420.