



Circle City Veterinary Specialty & Emergency Hospital

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Veterinary Physical Rehabilitation Canine Massage

What is Canine Massage?

Canine Massage involves the use of a variety of strokes to manipulate the soft tissue of the dog's body to address problems areas, speed healing, and enhance overall health and performance.

Benefits

- Increases flexibility of the soft tissue by increasing blood flow to the area and facilitating muscle relaxation.
- Reduces swelling following trauma or surgery by helping to move fluid out of the area and increasing circulation to speed healing.

- Enhances and maintains range of motion, especially important in dogs with arthritis. Tight muscles put a strain on the joints and skeletal system thereby reducing movement at the joint, which could lead to stiffness and pain.
- Maintains good body alignment and posture by keeping muscles relaxed which facilitates normal movement at the joint.
- Releases scar tissue following trauma or surgery, which can restrict movement in the area possibly leading to stiffness, pain, and less desire to move or be active.
- Provides pain management by facilitating the release of endorphins through relaxation.
- Relaxation and stress reduction can be helpful for dogs that are nervous and shy.
- Decreases stiffness, pain, and compensatory movement patterns created by chronically tight muscles.

Dogs That May Benefit from Massage

Dogs recovering from surgery or trauma
Canine athlete
Geriatric or arthritic dog
Service dogs
Nervous or shy dogs
Dogs using the underwater treadmill

Visit our website at www.circlecityvets.com for more information

Lydia Thorpe, MS, OTR Certified Canine Massage Therapist

Lydia has worked in the medical field since 1984 as an Occupational Therapist working with adults and pediatric clients in both inpatient and outpatient rehabilitations settings. She became certified in canine massage in 2003 after completing her training through Equissage. Lydia has been an active volunteer with the Indianapolis Humane Society's Foster Care program and since 2001 has provided care to sick and injured animals in her home.