



## Massage

Massage can be used regularly to help relieve soft tissue tension and increase blood flow to the targeted area.

1. Begin with a gentle stroking technique over the area you are targeting to warm up the muscles
2. If massaging a limb, use stroking or circular movements alternating between going against and with the hair line. You can work up the limb using both hands in a kneading motion before working back down the limb with the hairline.
3. If massaging along the back target either side of the spine, again going both with and against the hairline in a stroking or circular movement.
4. Pressure can gently be increased as the muscles relax but keep a note of the dog's reaction and stop if they exhibit any signs of discomfort.



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