

Before & After the Massage

Before I arrive;

- 1.) We want to make sure their muscles are warmed up before they get massaged. So, make sure they have at least 5 to 10 minutes of moving around before I arrive. That can be a quick walk, playing ball, a game of tug, or anything that gets them up and going so they haven't been laying around for a long period before I get there.
- 2.) Please make sure they have gone out to take care of any business. We want to make sure they are comfortable & relaxed, and an empty bladder will make that easier.
- 3.) Pick an area that you think they will be the most comfortable in and that will have the least amount of distractions. This way they will be able to relax better and get the most benefits from the massage.

When I get there, I will take time to get to know them before I start. I never force them into the massage, but just ease them into. This is something we want them to enjoy as well as benefit from.

After the massage:

Once the massage is finished, walk (do not run) the animal at a fairly brisk pace for at least five minutes. This will help to prevent any after massage stiffness. Do not just turn them loose to run or walk freely, walk with them.

Cooling down too fast will set a muscle up for a cramping situation. Be sure to walk your animal until the body temperature returns to normal. So, if you need to walk (not running) longer than the five minutes stated above, that is perfectly fine.

The next day after the massage – If the animal is very toxic, they could be sore after the first massage and this is usually evident the next day when they first start walking around. However, the stiffness usually resolves itself very quickly. This is usually unlikely though, since animals seem to be less prone to this than we are.

I look forward to seeing you guys soon!

If you have any questions before then, or after, please don't hesitate to call, text or email.

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