

GUIDE TO BODY MAPPING

What is Body Mapping?

Body Mapping is a technique used to create a map of your pet's normal baseline. You start by palpating at their heads and working your way down their body while noting any of the 4T's. Body Mapping allows you to look for any changes in your pet's health and is most effective when done regularly.

Texture

When palpating the density/quality of the skin and muscular tissue, I'm looking for areas that feel different in any way (ex. ropey, tight, knots)

Tenderness

As I'm palpating different areas, I'm looking for any reaction that indicates pain (ex. pulling away, vocalizations, licking area)

Temperature

While touching different areas, I am noting any differences in temperature. Areas further from the midline are usually cooler. The more often you body map, the easier it will be to determine temperature abnormalities.

Tension

While palpating, I am looking for areas that seem "stuck." I'm observing if the skin is easily moveable over the muscle tissue and if there are any twitches or fasciculations.

Why does it Matter?

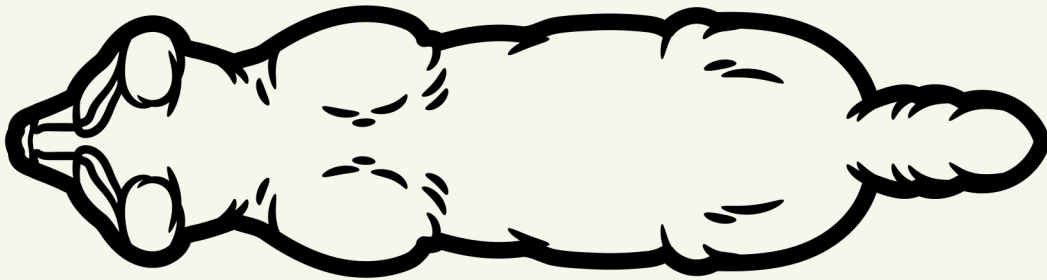
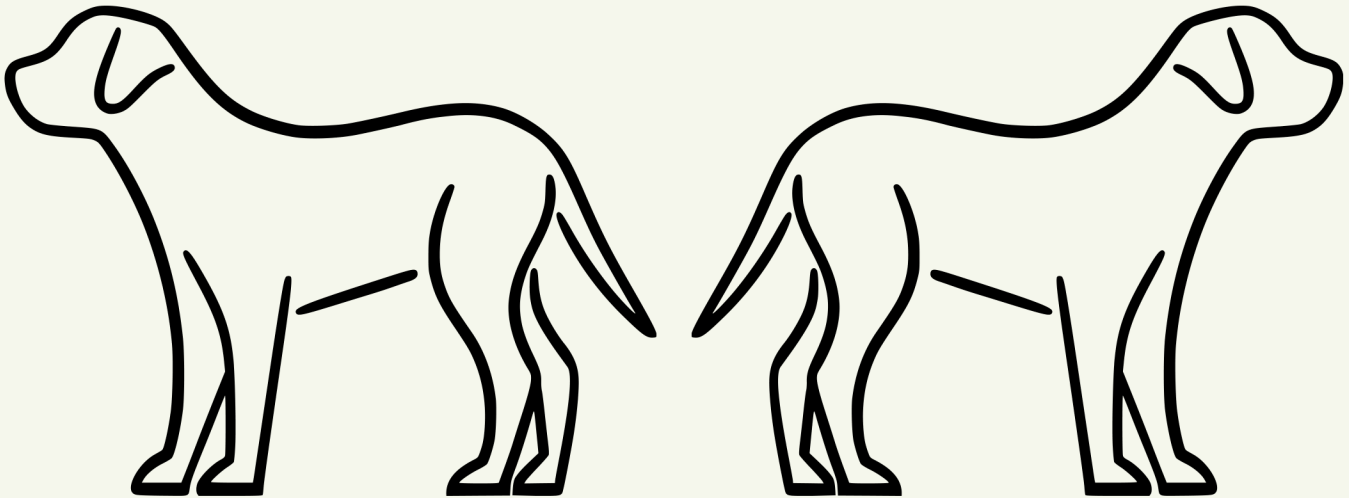
Our pets don't have a voice to communicate with us. It's important that we look for other ways of communication that they are providing us with. Body Mapping is an effective and reliable way of monitoring our pets health by observing their soft tissue, muscles and reaction to touch.

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NAME:

DATE:

COLOUR IN THE LEGEND BELOW AND USE IT TO NOTE ANY OF THE 4T'S ON THE DIAGRAMS



TEXTURE



TENDERNESS

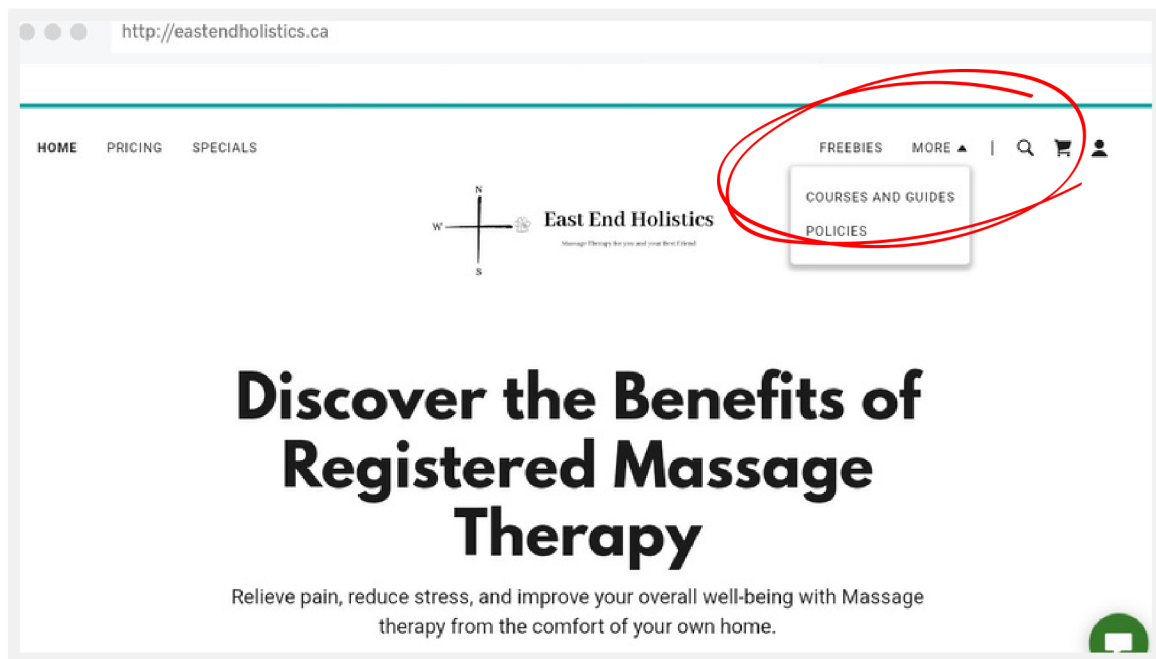


TEMPERATURE



TENSION

NOTES



Did you find that guide helpful?

Click on the Courses and Guides Tab for more information.

Course Overview

- Both Freebie Pages
- Monthly Tracker
- Basic Massage Techniques
- 4 Chapters on the 4Ts

You won't be disappointed!