

KM Canine and Equine Sports Massage and Rehabilitation



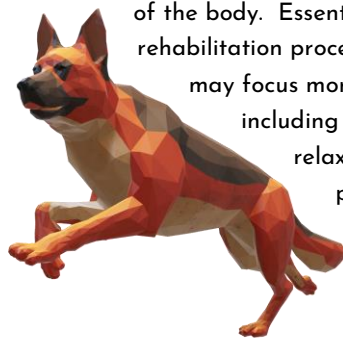
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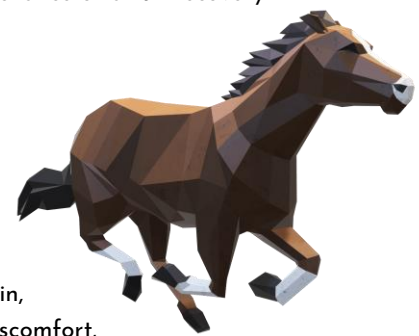
Sports Massage and a combination of other therapies to prevent injury and enhance performance, as well as supporting the recovery, a natural pain relief and rehabilitation following injury or surgery of horses and dogs.

I have been around horses and dogs nearly my whole life, so felt a career being around these incredible creatures was the way to go. I qualified for Equine Sports Massage in 2022, and Canine Sports Massage in 2023 - I continue my personal development in different therapies and new equipment to be able to offer my clients a range of options for treatment to maintain health and increase the chance of a full recovery.

Massage therapy is a non-invasive treatment for animals to alleviate pain, discomfort, and emotional stress. The purpose is to target muscular issues using hand techniques that put different levels of pressure on certain areas of the body. Essentially, this treatment is part of the rehabilitation process for a range of issues and conditions. I



may focus more closely on specific areas of tension or pain, including pre/post-surgery, with the aim to relieve discomfort, relax and rebalance muscles to therefore improve recovery, movement and performance. Maintenance treatments can help keep muscles relaxed, for the animal to live and perform optimally and reduce the chance of injury by maximising the range of motion and decreasing muscular restrictions.



The benefits of massage

- ★ A natural pain relief through the release of endorphins
- ★ Increased and improved circulation
- ★ Improved coat condition
- ★ Improved posture
- ★ Improved immune system support
- ★ Influence of the Autonomic Nervous System
- ★ Increased freedom and range of movement
- ★ Improve gait quality
- ★ Improve muscle development and muscle tone
- ★ Aids the removal of toxins
- ★ Improve and maintain flexibility and tissue elasticity
- ★ Helps to lower the risk of injury
- ★ Reduce strain on tendons and ligaments
- ★ Relieve areas of soreness, tension and discomfort
- ★ Aid rehabilitation post injury/surgery
- ★ Promotes relaxation
- ★ Stress reliever

