



3. Pre-appointment Information

Canine Myofunctional Therapy (CMT) can be used for...

- Relaxation – to reduce stress and anxiety
- Warming up muscles and creating 'alertness'
- Treating muscle injuries, strains or stiffness
- Post-Operative or remedial treatment to improve mobility
- Providing feelings of comfort, safety, trust and security.

Consultations

Treatment will only occur where your dog is happy to receive it. Your dog will never be forcibly restrained or forced into a massage, so wriggly or excited dogs or those feeling a bit anxious or unsure may benefit from the first couple of treatments by purely building a trusting bond with me. It's just as important that you feel as comfortable with me as your dog does. If he or she becomes agitated or stressed, treatment will stop and we will discuss how to progress. Normally however, they soon realise that I am there to give a lovely experience and will relax into being treated.

The initial consultation includes me confirming your details, asking about your dog's medical history and lifestyle and discussing what you are hoping to achieve through massage. I'll perform an initial assessment and massage your dog to the level he or she is happy with. We will also discuss any further recommendations or answer any questions you might have. Any future treatments can be arranged as required.

Subsequent treatments will differ in technique and length, depending on the outcomes we are trying to achieve, but will normally take approximately 30 minutes in total.

Before a massage

Leave 1-2 hours between feeding, walking etc. before a massage unless the massage is for warming up or cooling down a dog for a workout. A Short, easy walk beforehand is fine, it is always a good idea to let your dog urinate and/ or defecate before a massage.

After a massage

As massage stimulates the body's systems, they may need to urinate and/or defecate soon after a treatment. A gentle walk around the garden for a 'pit-stop' is advisable, unless your dog just wants to snooze the hours away, also not uncommon!

Make sure you provide plenty of fresh water as he/ she may also be thirsty as toxins and waste is helped through their system.



When to massage

Massage will be most effective when your dog is most receptive to the treatment. For example, if your dog is a 'morning dog', then a morning massage may be best. Apart from the contraindications mentioned below, generally the following conditions are not conducive to effective massage and should be avoided:

- Hot or cramped conditions;
- Straight before or after feeding – allow 1-2 hours;
- Immediately before or after a long walk or work out (unless treatment is to warm up or cool down a working dog);
- Distraction such as loud music, noises, other pets or children;
- If your dog is in a 'bad mood' or presenting as aggressive*.

*In the case of aggression, the treatment will normally be rescheduled or alternatives discussed. A travel fee of \$50 will be incurred.

When not to massage

As massage can impact on all the body's systems, there are certain situations where it is not advisable to apply massage. If your dog has an illness or injury, always check with your vet that the condition is amenable to massage. These circumstances are known as 'contraindications' and should always be discussed with your Vet before massage treatment begins or if your dog's medical condition changes between massages. Please complete Form 2. 'Dog's Information' before treatment commences.

Such situations include, but are not limited to...

- Fevers or viruses;
- Skin infections, burns or open wounds;
- Some cancers, (a vet can advise);
- Shock or heat stress;
- Severe bruising or immediately following surgery or an accident.

If you are concerned at all about your dog's health, consult your vet before making an appointment for massage.

