



Hands on
Paws

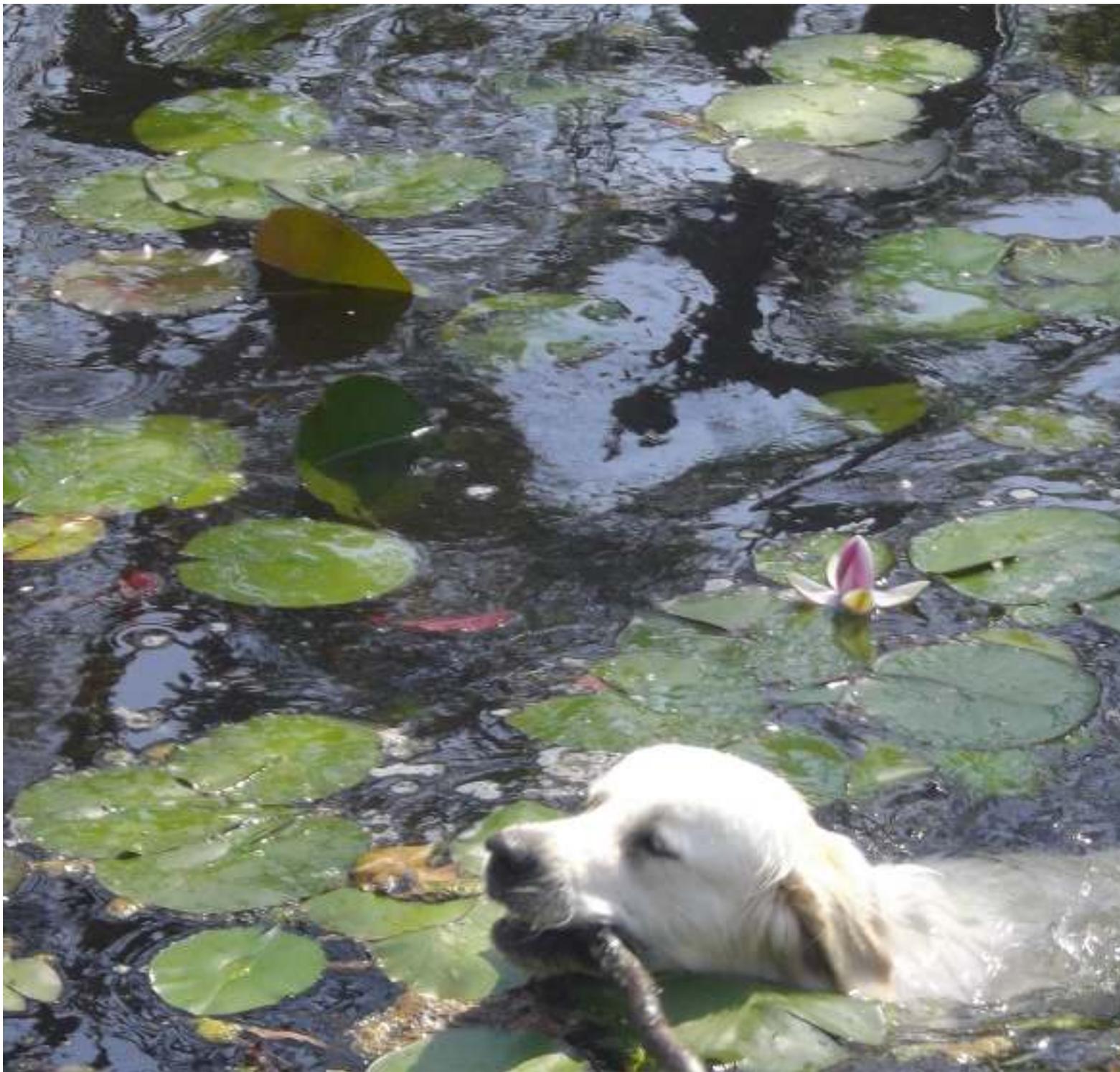
Presents

Pawfect Balance

The Wonderful World of Dogs and Canine Myofunctional Therapy

Volume 1, Issue 1 winter 2016

FREE



Cover Photo: My Golden Retriever "Darbi" enjoying a swim in the Mt Tamborine area in South East Queensland. 2015



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From the Editor.



Hi,

Welcome to the first issue of Pawfect Balance, an e-zine bought to you by "Hands on Paws". In the inaugural issue I would like to share a brief history of Canine Myofunctional Therapy (CMT).

Some of the topics covered in this issue include top dog spots on the Sunshine Coast and travelling with our canines. I will also share with you Maddies Story, a canine with injuries, and how CMT helped her.

Hands on Paws will bring out an issue each season, four per year, full of stories that canine owners should find interesting. If you enjoy this copy, please share it with your friends, and invite them to visit:

www.handsonpaws.com.au

Do you have an interesting story, article or hot topic you would like to share? Then send your contributions, photos or suggestions to:

info@handsonpaws.com.au

Canine Myofunctional Therapy – A Brief History

Canine Therapy

Canine Myofunctional Therapy promotes health and wellbeing in dogs. Specifically it is a professionally applied which encompasses a holistic paradigm. The benefits are many, Some of which are relaxation, increased oxygenation, relief from pain, improved joint flexibility, as well as miscellaneous benefits to the immune system. It uses touch to maintain or improve both physical and emotional well-being.

History

The history of canine massage dates back to ancient times. Early Egyptian hieroglyphics depicted “animal healers” using massage techniques. In India during the development of varmalogy, a dedicated knowledge of bodywork in India, animal bodies including canines were charted. This resulted in what we refer to as trigger points today. Julius Caesar travelled with a personal massage therapist. This masseuse also worked on Caesar’s war dogs.

The first known documentation of this type of touch therapy was in 2700 BC in China. These touch techniques continued to develop throughout history and are mentioned in the early writings of the Greeks, Romans, Egyptians, and Japanese.

In terms of animal massage, although people had been performing some form of massage on animals throughout history, modern professional canine massage only came to the forefront at the beginning of the 21st century. The term Canine Myofunctional Therapy (abbreviated as CMT) was coined. **Canine**, relating to dogs (*Canis familiaris*). **Myofunctional**, the assessment, treatment and rehabilitation of musculoskeletal pain and associated pathologies.

Therapy relates to the attempted remediation of a health problem, usually following a diagnosis. In our field, it is usually synonymous with treatment.

Benefits

Canine Myofunctional Therapy can be offered for relaxation, rehabilitation, or competition - “therapy for canines in sport” The benefit of CMT to dogs is equivalent to the benefit experienced by humans.

Canine myofunctional therapy should not be used as a substitute for veterinary medical care. However, when used in combination with medical care, it can help enhance the recovery process in many medical cases. In particular, specific therapeutic techniques applied can aid in the rehabilitation process. Some of the benefits include:

- Provide relief from muscle tension, soreness, spasms, and weaknesses.
- Reverse muscle atrophy from inactivity or disuse.
- Provide relief from chronic pain and discomfort from arthritis, hip dysplasia, etc. through the release of endorphins.
- Help to relieve age related problems.

In addition, this therapy can provide emotional well-being for the animal. Therapists often work with animals to calm behavioural issues, such as hyperactivity, anxiousness, and nervousness.



The Sunshine Coast's Top Dog Spots

This will hopefully be a regular feature in this e-zine, so please let us know if this will be of interest to you. In this issue we will look at Ballinger Beach at Currimundi on the south side.



Courtesy Google Maps

The beach is situated at the end of Buderim Street. To get there travel to Currimundi shopping centre along Nicklin Way and turn left if travelling south, or right if travelling north into Buderim Street.

The beach is a popular off leash beach for dogs 24/7, all year. The beach can get busy on weekends and hot summer afternoons, so be prepared for your canine and you to socialise with other beachgoers.



There is a good sized lagoon/creek where

your dog can swim, if the waves are not his thing.

The beach has responsible dog owners that go there, so there are seldom issues with other dogs or their owners. If you decide to visit the beach, there are toilet facilities, and there is usually a coffee van there. Other items should be bought with you.

It is advisable to bring a towel as the bathing is also good for us human folk should you desire to take a dip.



Please visit, as you and your canine companion are bound to have a great time. Please always remember to clean up your friends poop or mess.



Maddies' Story

Maddie.

By Sarah Christ

Maddie took me on my first CMT journey while completing my training as a Canine Myofunctional Therapist. She is a 6 year old German Shepherd x Cattle Dog who appeared in good general health and condition. She is housed indoors and fed a raw diet. At our first meeting my visual awareness was heightened. I saw wariness, stiffness, back leg tucked up, short strides, anomalies, and very little fluidity in her movement.

How do I enter into a mutually respectful and trusting relationship with Maddie knowing all these factors? It all started with information gathering from her owner, and observing behaviours, looking at her surroundings, assessing my body language, both verbal and non verbal towards her. Seeing and knowing if there are any contraindications that would preclude me from massaging Maddie at this time were vital.



My studies in this discipline advised that referred pain to hindquarters, extreme pain on palpation; high temperatures, open wounds, recent operations, and infection are some contraindications that would require a veterinarian's clearance prior to my treating Maddie.

To complete the final observation process I needed to apply critical thinking skills, asking myself:

“What do I want to achieve?”

“How do I achieve it?”



With all of these facts in play, there was a reason for Maddie's stiffness, her elevation of her leg, and short strides. At age 1 she broke her stifle on the left hind leg, requiring surgical intervention. Then in July 2015 she was side swiped by another dog playing, and had to have Anterior Cruciate Ligament surgery on her left hind leg.

Why are all of the above points discussed so far, vital? The very reason is, because they will convey how the “whole body” , muscles, ligaments , tendons, joints, body systems like the circulatory, lymphatic and nervous system are integral. I have only highlighted a few systems in the very complex anatomy of Maddie.

During my training, I had the opportunity to treat Maddie on three occasions. There was significant improvement each time I treated Maddie. I was so happy that my new skills positively impacted on Maddie and her general health and wellbeing.

The outcome was truly amazing. So what did her owner think?

Find out at:

www.handsonpaws.com.au

Travelling Canines

By Lothar Christ.

Many of us travel with our canine companions, faithfully sitting in the back seat of our cars and trucks. We explore this great land of ours, with our furry family members on board, and hopefully they too are enjoying the trip.

What should we have and be aware of when we go on holidays?



Foremost it is important that your dog is safe, and unable to distract the driver. This can be by way of seatbelt, harness or a crate.

It is important in case of emergencies or unplanned boarding that your dogs' veterinary history is on hand and up to date.

Your dogs' should also have identification, eg; his registration, name and your phone number/s on it. It is a good idea to also keep a copy of this information with his records, should his ID get lost.

Carrying a first aid kit in the car for emergencies is also a good idea. (You can download our [FREE](#) canine 1st Aid booklet from our website. It contains some useful items to stock in a 1st Aid kit).

It is also important to know the local regulations at your holiday destination.

Did you know in Australia dogs and other domestic animals are banned from National Parks, State Parks and some recreational areas. This is because they are potentially dangerous to native fauna and flora. Some areas allow dogs to camp overnight. You should always consider this when planning to travel with your canine companion.

There should be a good water supply for your dog, carry some towels and wipes in case your dog becomes car sick. This is especially important if your dog has never been on a long driving holiday, or your dog suffers from stress.

Ensure you have a good food supply with you, as you may not always get the type of food or brand your dog is used to. This is especially true if you are in an area miles from civilisation and those eyes are looking at you to be fed.

You can have great holidays with your pets, but remember to plan, as things don't always go according to plan. You may want to visit a national park. Who is going to look after your dog? There are many ads for boarding kennels and dog minders on the way, but you need to feel comfortable to leave your fur baby with some one you may not know that well.

Hope this article helps you in planning your next camping holiday or road trip. Enjoy the ability to travel with your dog in this great country of ours, and until next time have fun with your canine companion. You're all he's got, and he relies on you.

About My Business



My Fees

Hands on Paws, provides Canine Myofunctional Therapy to the Sunshine Coast. Covering Caloundra in the south To Noosa in the north, and west to Landsborough for a standard set fee.
(Currently I only accept cash payment.)

45 Minutes	\$60
60 Minutes	\$75

Outside of these areas services are provided at the standard fee, **plus** a fuel and travel expense to be negotiated at the time of booking.

Bookings:

Please call Sarah on
0431 948 208
to make an appointment

*Please leave a message if
I don't answer
I may be treating a patient.*