



Hands on
Paws

Presents

Pawfect Balance

The Wonderful World of Dogs and Canine Myofunctional Therapy

Volume 1, Issue 2 spring 2016

FREE



Cover Photo: *Our furry canine kids and their owners enjoying our great Queensland weather.*



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info@handsonpaws.com.au

From the Editor.



Hi to all my friends,

It's hard to believe that it's already well over 3 months since the last issue. I've been busy with my business and my fur kid since the last e-zine. I am proud to announce that my fur baby has successfully passed his assessment and is now a "Delta Therapy Dog". Congrats to our beautiful boy Darbi. We look forward to visiting health care facilities where he will hopefully make a difference to people by just being there, lending a paw, being petted or lending an ear. Pets as therapy have proven to have such wonderful benefits. I will keep you updated as we journey along another of our paths together.

In this issue there is an article on arthritis, to help our fur kids when they get a little older. Focusing on the early signs of arthritis, is definitely worth a read. We look at the Buderim Dog Park as our feature in the "Sunshine Coast's top dog spots" article. Don't forget you can always send me any of your contributions that may be of interest to fellow dog lovers. I look forward to writing articles and interacting with fellow dog lovers.

Join me on my Facebook page where I publish articles about our furry friends, their muscles, skeletal system and the wonderful world of Canine Myofunctional therapy. Remember to visit the web page www.handsonpaws.com.au and like us on Facebook for the link. Til next time.....

Canine Arthritis

Dealing with arthritis and joint pain in older dogs can be traumatic for both the owner and their four legged companion. This article looks at the signs to look for, and ways to assist those pets already diagnosed with arthritis or degenerative joint disease (DJD).

Arthritis means inflammation of the joints, and this is usually caused by wear and tear over time. The bone in the movable joints, the cartilage, ligaments and fluids that allow smooth movement deteriorate with age causing pain. Arthritis can also be caused due to bone, ligament and cartilage damage from accidents or abnormal growth in younger canines.

Relief is not a one fits all solution, and individual pain management plans need to be designed by your veterinarian for your companion. There are signs that may suggest that arthritis is plaguing your companion with pain, and these include:

- Not keen to go on walks
- Lameness or limping
- Obvious stiffness
- Reluctance to move
- Decrease in their range of movement

There are ways to slow down arthritis or assist in pain management. This includes but is not limited to:

- Diet and nutrition
- Exercise
- Clipping nails
- Canine Myofunctional Therapy

Keeping your dog lean and healthy by providing a good wholesome and nutritionally balanced diet combined with the appropriate amount of exercise is beneficial, as is looking after your dogs' toenails ensuring they are not too long.

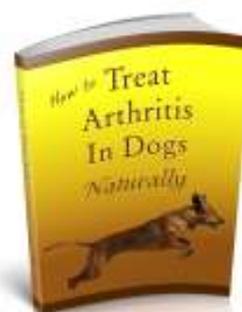
Canine Myofunctional Therapy is where I can help. By using a hands on approach, with professionally applied techniques will help to assist in promoting good circulation, stimulating blood flow to atrophying muscles, general relaxation, and the release of tightness. I am facilitating in the reduction of tension, loosening and separating the fibres. Also lengthening them, relaxing and warming the muscles, and increasing the blood supply. This helps provide positive outcomes with mobility, flexibility and "wholeness". Please note that arthritis needs to be first diagnosed by a Vet before any proper treatment plan can commence. I do not replace regular veterinary care.

Good sensations from the therapy help to block the pain. As quoted in the e-book "*How To Treat Arthritis in Dogs Naturally*" written by Techniflex.

Quote

"Massage

Most dogs love a massage. Done by a certified practitioner this is much more than just a good scratch and belly rub. In some patients massage can actually accomplish the same results as chiropractic or acupuncture."



Prevention is always better than cure, and there are a few things that should be considered if your dog is arthritis free, or you have just bought home a new puppy.

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Canine News

Canine Arthritis

Continued from page 3

1. Never over exercise your dog, especially puppies. Know your breed
2. Good foot care is important for dogs by keeping nails properly clipped.
3. Supplements such as fish oil could be considered. Do your research as there are many on the market.
4. Well balanced nutritional diet
5. Some dogs' especially giant breeds are more susceptible to arthritis.

SCARS & 4 PAWS ANNUAL WALK

The Sunshine Coast Animal Rescue (SCARS) and 4 Paws conducted their annual awareness walk and fur family expo to raise awareness and funds for pet adoption and the work they do.



This years event was held on the 28th August with registrations starting at 730am and the walk commencing at 8am, around Lake Kawana. Around 200 fur kids and their families participated in the walk and other activities including raffles, exhibitions and of course food stalls to satisfy appetites after the walk.

Face painting and Q & A's with celebrities were also a hit. If you missed it this year, put it on the calendar for 2017, as it is a fun filled event for a good cause, and one your pooch will enjoy. Go to the SCARS or 4 Paws website for more information closer to next year's event. Hope to see you there.....

SEEN ON THE WEB



The Sunshine Coast's Top Dog Spots

In our last issue we looked at Ballinger beach, this issue we travel a bit further north to Elizabeth Daniels Park.



The park is more commonly known by locals as the Buderim dog park and is situated at the bottom of the hill half way between Buderim and Mooloolaba. The site is fully fenced and run by the council.

Dogs can run freely in the area whilst owners can tell yarns about their pooches. A coffee van is there most days selling coffee and light refreshments on most days.



A notice board provides a host of

Information that may be of benefit to dog owners and services available, and yes I have my business card there as well.



The top end of the dog park has an area for small dogs, should they not want to play with the bigger dogs. Both areas are large enough for our furry friends to play and exercise, interacting with other owners and their dogs.



Please be considerate and clean up after your dog and yourself, so we can keep enjoying where we live. Be mindful, that when you and your pooch are interacting with other canines know your boundaries, and your dogs. This can prevent from major clashes taking place and unnecessary negative interactions from occurring. No two dogs are ever, ever the same. We need to be the responsible ones. We are really lucky to have all these places on the coast.

Not sure how to get there? You can find it on Google Maps by typing "Elizabeth Daniels Park" or "Buderim Dog Park"

Travelling Canines

Taking the dog

Last month I introduced you to the basics of travelling by car with your fur baby. I very briefly covered various factors that may need to be considered. In this issue I would like to hone in on one of those aspects, restraining your furry friend in the car.

If you enjoy travelling, and taking your dog with you, be it a day out, camping for the weekend or visiting family, making sure you and your dog are safe is paramount. There are many types of restraints available on the market these days, and you need to decide which one best suits your lifestyle.

So let's look at a few;

Dog Crates

If you house your dog in a crate at home, you would be aware of the benefits of a crate. If it also fits in your car, you have an easy solution to restrain your furry friend. If not then it may pay to know that crates range in price from around \$40 to several hundred depending on the size required, so shop around, and don't forget on-line as they are often up to a third of the price in store. Crates are available as soft canvas carriers or more solid metal mesh crates.



Dog Harnesses

There is almost an unlimited supply of style, size and type of harness available these days. These types of harnesses are usually designed to clip into existing seat belt clips that fit most vehicles. Consider comfort for your dog, how securely it protects the dog, and the ease of fitting in the car. Shop around, there are many types to choose from.



What is the Law on Dog Restraints?

The laws vary between states and territories in Australia, so if travelling interstate, check the local road traffic authority. Unrestrained dogs in cars can lead to fines in excess of \$400. The RSPCA also has useful info on its web site. Remember the benefits of restraining your dog include less potential to distract the driver, other passengers or for the dog injuring itself. In a collision there is less likelihood of injury to your dog or other passengers or road users.



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 we 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.*