

## Massage:

### Stroking:

Stroking can be used to help calm and soothe your pet prior to, and at the end of, all treatment sessions. Animals that are anxious or not used to being touched will also benefit from stroking. Make sure you chose a quiet and comfortable area to begin.

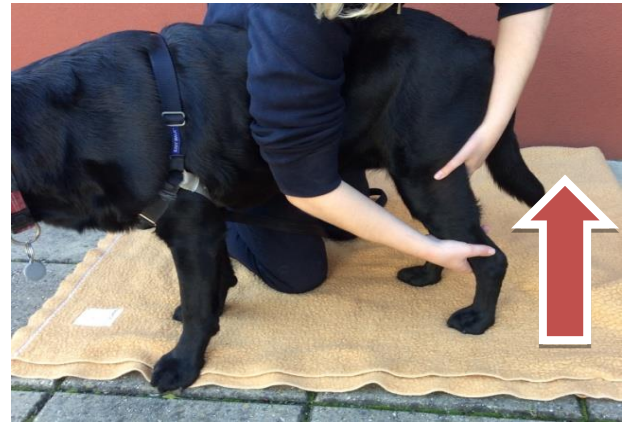
To perform the stroking technique, use a gliding motion with your hands over any part of your pet's body. Start from the head to the tail, top of the leg to the bottom of the leg, front leg then back leg. One hand should remain in contact with the body at all times. Use slow and even strokes.



### Effleurage:

Effleurage is very similar to stroking however it is used to help reduce swelling. Start with some stroking before moving on to effleurage and ensure you are positioned in a quiet and comfortable area.

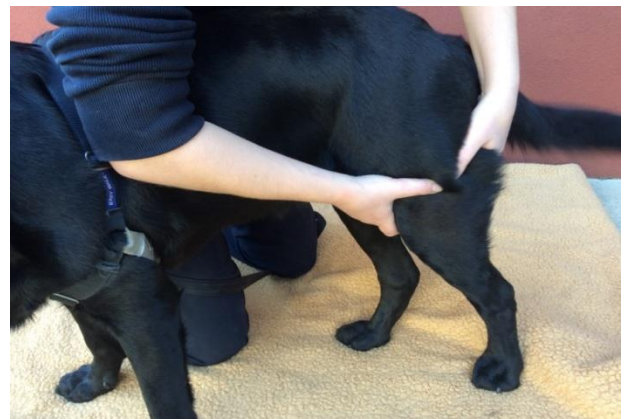
To perform effleurage start stroking from the bottom of the limb/paw up to the top of the leg or area that is swollen. This will help push excess fluid up to lymphatics drainage points. Make sure you use even pressure and mold your hands to the limb. For small areas such as the face or a paw use your fingers/thumb.



### Kneading:

Kneading is a technique used to help relieve muscle fatigue, tightness and soreness. This is a great technique to use prior to further physical therapy exercises.

To perform kneading use your thumbs/and or fingers and in a circular, rhythmic motion push the muscles inward and upward. Work clockwise with your right hand and anti clockwise with the left hand. Pressure should be applied and released as you go. Depth and speed can be adjusted according to your pet's tolerance and needs.





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## **Hot and Cold Therapy**

### **Hot Therapy:**

The use of heat helps relieve pain, and is great to use where stiffness is apparent. Using heat packs before stretches and exercises and in-between sessions when your pet is stiff and sore is very beneficial.

At home you can use a wheat bag or something similar to carry out heat therapy. Apply the hot pack to the affected area for 15-20 minutes. Always make sure the hot pack does not come in direct contact with your pet's skin. Use a towel wrapped around the hot pack and test it on yourself before applying to your pet. Always make sure you supervise your pet while the hot pack is being used to avoid them getting too hot or eating the packs. Only use hot therapy when advised by your therapist.

### **Cold Therapy:**

Cold therapy helps reduce pain and inflammation and is great to use post treatment sessions if your pet is particularly sore.

An icepack or freezer bag filled with crushed ice is the simplest way for you to treat your pet at home. Apply the cold pack to the affected area for 10-15 minutes after Physical Therapy treatment sessions. Always make sure the cold pack does not come in direct contact with your pet's skin. Use a towel wrapped around the icepack. Always make sure you supervise your pet while the cold pack is being used to avoid them getting too cold or eating the packs. Only use cold therapy when advised by your therapist.

*Visit our clinic website [www.murraybridgevet.com.au](http://www.murraybridgevet.com.au) and click the link to companion animal information to see our demonstration video.*