

What's your dog trying to tell you?

A guide to help you assess your dog for the viability of clinical canine massage therapy

If you have noticed, or have concerns about, your dog's mobility and /or behaviour, you can easily classify your observations with the **5 Principles of Pain**, a useful aid for identifying symptoms of musculoskeletal conditions that could be helped by clinical canine massage.



The signs of muscular pain listed can be mistaken by some owners as simply signs of ageing or 'just something they do'. The reality is, however, that muscular pain can be caused by anything from normal activities of daily living to chronic, arthritic conditions.

What's next?

Just tick the severity of each of the conditions that apply to your dog and turn over.

- Sometimes
- Often
- Always



The 5 Principles of Pain

GAIT	POSTURE	ACTIVITIES OF DAILY LIVING	BEHAVIOUR	PERFORMANCE
Lame / limping /carrying a leg or paw ● ● ●	Coat changes / flicking up / dry in area ● ● ●	Struggling to get up on or down from sofa, stairs, car ● ● ●	Reluctance to be petted /groomed / examined ● ● ●	Agility dogs – pole knocking, weave and / or contact issues, lack of drive, measuring, ● ● ●
Reduced range of movement ● ● ●	Kyphosis (roaching) / Lordosis (swayback) ● ● ●	Not settling, pacing at night time ● ● ●	Disinterested in life / isolating themselves / depressed ● ● ●	Gun dogs – early onset fatigue, retrieval issues ● ● ●
Stiff when moving ● ● ●	Twitching, or 'shivery' skin ● ● ●	Weakness in back legs ● ● ●	Self mutilation e.g., nibbling their hind area ● ● ●	Canicross – early onset fatigue, reluctance to wear harness, not pulling ● ● ●
Slowing down on walks ● ● ●	Inexplicable tremors ● ● ●	General signs of ageing ● ● ●	Lick granuloma, e.g., excessive licking of wrist ● ● ●	Obedience – change in work positions e.g., down stay / sendaway ● ● ●
Abduction or adduction (throwing a leg) ● ● ●	Tail carriage e.g., swimmers tail ● ● ●	Struggling / slowing down on walks ● ● ●	Snapping when touched or towel dried ● ● ●	Flyball -Turning wide on box, missing/avoiding jumps ● ● ●
Single tracking ● ● ●	Neck / back / shoulder issues ● ● ●	Difficulty rising from lying down ● ● ●	Snapping at other dogs as a pre-warning for them to stay away ● ● ●	All disciplines: any deviation from natural performance ● ● ●
Pacing ● ● ●	Uneven nail wear ● ● ●	Slipping / unbalanced on flooring ● ● ●	Anxiety ● ● ●	
Hopping/skipping ● ● ●	Hip or stifle rotation (dog stands / sits with knee pointing out) ● ● ●	Lying down to eat ● ● ●	Frequent rolling on back ● ● ●	
Lack of reach or drive ● ● ●	Down on the wrist ● ● ●			
Crabbing ● ● ●				

Has your dog been diagnosed with any orthopaedic issues?

Diseased joints rely on the extra muscular support which, in itself, is likely to mean increased secondary pain. For truly effective management of chronic pain, all areas of associated muscular dysfunction must be addressed.

Please tick the relevant boxes...

- | | |
|--|--|
| <input type="checkbox"/> Osteoarthritis | <input type="checkbox"/> Hip dysplasia |
| <input type="checkbox"/> Cruciate ligament | <input type="checkbox"/> Elbow dysplasia |
| <input type="checkbox"/> Spondylosis | <input type="checkbox"/> Luxating patella |
| <input type="checkbox"/> OCD | <input type="checkbox"/> Previous break / fracture |
| <input type="checkbox"/> Other | |
| <input type="checkbox"/> My dog is pre-surgery | <input type="checkbox"/> My dog is post-surgery |



"So far I have seen remarkable results in both soft tissue related rehabilitation and orthopaedic condition management. I have never before witnessed recovery in such a short time. I truly believe that clinical canine massage should form a part of the pain management that is offered in every veterinary surgery as the significant results consistently speak for themselves."

Marcelle Cassar, BVSc, MRCVS



Now you have your 5 Principles of Pain indicators, what next?

Can you now identify the priority principles for your dog?

Many dog owners like you who have also identified pain symptoms have chosen clinical canine massage therapy as a successful, non-invasive treatment. By reducing pain and improving mobility we aim to put a spring back in your dog's step in just one to three sessions.

Use this table as a consultation aid

This table can help you to highlight any symptoms to your vet that apply to your dog. Together, you can discuss your pet's suitability for clinical canine massage therapy as part of their individual healthcare, rehabilitation, pain management or wellness plan. You can also take this form to your first appointment with your clinical canine massage therapist.

NB: Some of the symptoms on the 5 Principles of Pain table may cross over with symptoms of other diseases that are not of musculoskeletal origin. Please always seek a diagnosis from your vet.

For results you can see and your dog can feel



Visit our website today for more information on clinical canine massage, the events we're attending, and how to find your local registered therapist.

www.K9MassageGuild.co.uk [f/CanineMassageGuild](https://www.facebook.com/CanineMassageGuild) [@K9MassageGuild](https://twitter.com/K9MassageGuild)

©Canine Massage Guild

Established in 2010, the **Canine Massage Guild** is a UK-wide network of members whose details can be found in our online Therapist Register.

Our members...

- ✓ Utilise sports massage, myofascial release, deep tissue and Swedish massage as well as the unique Lenton Method® – a structured system for the identification and treatment of muscular and myofascial pain
- ✓ Have trained for 2 years with the Canine Massage Therapy Centre Ltd. in clinical canine massage which is externally accredited by LANTRA
- ✓ Aim for results within 1-3 sessions and continuously assess the suitability of the therapy for the patient
- ✓ Adhere to a strict code of conduct, ethics and continuing professional development (CPD)
- ✓ Provide a written report back to the veterinary practice for continuity of client care
- ✓ Abide by the Veterinary Surgeons Act 1966 and Exemptions Order 2015 and never work on an animal without veterinary consent
- ✓ Conduct an initial appointment involving full consultation and medical history, gait and postural analysis, followed by approximately 50 minutes of clinical massage. First appointment 1.5 hours, subsequent session 1 hour
- ✓ Provide owners with an easy to follow, individualised home care plan
- ✓ May offer both home and clinic-based visits
- ✓ Are dedicated to offering a bespoke, caring treatment approach that focuses on the needs of the individual patient

** Covered by most insurance companies under 'Complementary Therapies'. Clients should check their individual policy for inclusion.*