



Sporting Dog

Your dog uses a range of different muscles to perform certain actions. They all work individually, but also together as groups to perform the required action. They are loaded 70% at the front and 30% at the back with the front being used for steering and braking and the back used for drive, propulsion, jumping and standing.

Massage can help to improve your dog's performance no matter what sport they compete in. Even your pet or elderly dog can benefit from massage as it:

- Restores natural movement and ability
- Promotes quicker recovery times from competition or injury
- Loosens connective tissue (fascia) and muscles to increase range of movement
- Reduces / treats strains, knots, trigger points, spasms and adhesions
- Promotes mobility, flexibility and focus

See my *How it Works Factsheet* for a full list of symptoms and benefits and see if any sound like your dog, maybe I can help.

If you suspect a soft tissue injury get in touch so I can assess and address any injured areas. Most owners report seeing improvements in performance or temperament after their first treatment, so don't just put your dogs lameness or behaviour down to them "having an off day" or "getting old", get them assessed today!

Agility Dogs

Massage could help your dog's performance if they regularly:

- miss contacts
- do not get the weave entry
- exit the weaves early
- knock poles / have a poor jumping action
- have wide turns
- loose focus easily
- fatigue quickly
- train and compete
- become lame after competition / training



Show Dogs

Massage could help your dog's performance if they regularly:

- have an unusual gait
- go lame
- look like their posture isn't quite right
- feel depressed

Obedience

Massage could help your dog's performance if they regularly:

- Have a short attention span
- Appear unwilling to work
- Feel depressed
- Struggle on their send away
- Not maintain their heelwork position
- Suffer from repetitive strain injury

Flyball Dogs

Massage could help your dog's performance if they regularly:

- appear slower than normal
- have a short attention span
- appear unwilling to work
- struggle to get propulsion forward
- gather before the jumps
- not jump correctly to catch the ball

Heelwork To Music

Massage could help your dog's performance if they regularly:

- appear slower than normal
- have a short attention span
- appear unwilling to work and perform their routine
- struggle with their balance

Working Trials

Massage could help your dog's performance if they regularly:

- appear slower than normal
- have a short attention span
- appear unwilling to work
- struggle to get moving
- gather before the obstacles
- not seem as agile as normal

General Working Dogs

Massage could help your dog's performance if they regularly:

- appear slower than normal
- have a short attention span
- appear unwilling to work
- struggle to get moving
- not seem as agile as normal