

WOOFS & HOOFS ANIMAL MASSAGE

NATURAL HEALING FOR PETS

BI-MONTHLY NEWSLETTER

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BACK TO SCHOOL WITH WOOFs & HOOFS

The kids are going back to school, and we have been using the time to study as well. At Woofs and Hoofs, we want to help you keep your pet healthy and happy, so we are always researching the latest natural healing has to offer your pet. In this issue, we learn about luxating patella in dogs and provide some interesting tips on a rider's posture. We also continue with our regular features—Acupressure Point, Rub the Right Way and Recommended Reading. And of course, we share a recipe—one that should stop your cats from scratching so much!



LUXATING PATELLA IN DOGS

First things first – what is luxating patella. Luxating means dislocating, and the patella is a dog's knee (the joint on the front of his hind leg). Some people call the condition slipping kneecap or trick knee. It is when the knee keeps slipping out of socket - i.e. the groove that it normally slides up and down on.

Luxating Patella can happen as a result of a past trauma, such as a fall or a traffic accident. It can also happen, and is more likely to happen, because of bad breeding or because of the malformation of the groove and the patella during the growing phase. Sometimes it happens because of genetics, and as a result certain breeds, such as Lhasa Apsos, Boston Terriers and certain toy breeds, are more susceptible to it because of their tendency to have weak tendons and/or a shallow kneecap groove.

A dog that is affected by a dislocating knee may stop suddenly, cry in pain, hop and skip as if he is in pain or hold the affected leg off the ground. Dogs that are

severely affected by the condition will not have natural movement in the leg and can be in a significant amount of pain as a result.

Luxation may occur in one knee or in both.

Luxation is first treated by confining the dog to a small area and not allowing them to run or jump. Some vets will also prescribe a non-steroidal anti-inflammatory to help reduce the



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ANIMAL TRIVIA

Did you know?

- Rabbits love licorice - but it is very bad for them because they cannot digest sugars.
- Honey bees have hairs on their eyes to help them collect pollen.
- More human deaths have been attributed to fleas than all the wars ever fought. As carriers of the bubonic plague, fleas were responsible for killing one third of the population of Europe in the 14th century.
- Elephants are the only mammals that can't jump.



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CORRECT POSITION IN THE SADDLE

Your riding position affects not only how you feel on the horse, but it also affects how the horse feels and moves. Our body position is the most important thing and is the foundation for everything we do from the saddle. A good position or “seat” means that we move as one with our horse and that our horse can effectively understand our aids and what we are trying to accomplish in terms of movement.

When a rider is mounted, they should be sitting in the lowest part of the saddle, and their hips should be square with the horse's hips. The rider should be straight in the seat and not leaning to one side so that their weight is being carried equally by both seat bones. A rider with a good



position will remain in balance with the horse through out all of its movements. In order to obtain this situation, the rider will need to be supple at the hips and have flexibility in the spine and shoulders. When a rider is in the correct position a straight line can be drawn through the rider's ear through their shoulder, hip and heel.

Not sitting in the correct position while riding can not only lead to the horse being confused, but it can also lead to back pain in the horse. A crooked rider, for example, over time will cause the horse to have unequal muscle build up in his back which can lead to pain and/or lameness.



LUXATING PATELLA IN DOGS (CON'T)

(Continued from page 1)

inflammation. The condition can be treated with surgery, but most vets will warn the pet owner that the operation does not always guarantee results.

An alternative to surgery is massage. Regular massage treatments can help ensure that pain in areas that your dog is using to overcompensate in his movements is reduced. Massage can also help your dog to use both legs equally and can help to alleviate tightness in the back. Massage to the specific area can be used to lengthen the muscles which are in the area of the patella to reduce the occurrence of the slipping. If your vet does recommend surgery, massage when used as a form of post-operative care can help your dog get back to normal quicker since it will promote the correct usage of muscles as the dog moves.



INTENSIVE HANDS-ON ON-SITE TRAINING

If you want to learn animal massage quickly and thoroughly, then our Intensive Programme may be just what you are looking for. During a series of jam-packed three day, hands-on sessions, you learn everything you need to know to start your own business as an animal massage therapist.

Programme modules based on the on-site training presentations are provided at the start of each session. These act as the student study texts while completing the homework and online tests between sessions. Students have full access to the student forum and webinars for one full year. Detailed homework corrections are provided and may be discussed during the following session if desired. Students can expect to already start handling animals from the second day of the first session. Two case studies are completed during the third session and the student's details are added to the site immediately after successful completion of the final exam and awarding of the “Intensive Programme” certificate. Due to the level of personal attention and commitment required for this programme, participation is limited to 6 students per series.

All sessions are provided at Woofs & Hoofs in Helchteren. The next course starts in November 2011.

Do not miss out! To enrol [click here](#).



ACUPRESSURE POINT

LI 4 – “Union Valley”

If you notice your pet seems a bit out of sorts, to have a headache, a toothache, or pain in the neck, shoulder, or entire forelimb, this 4th point on the Large Intestine meridian may offer some help.

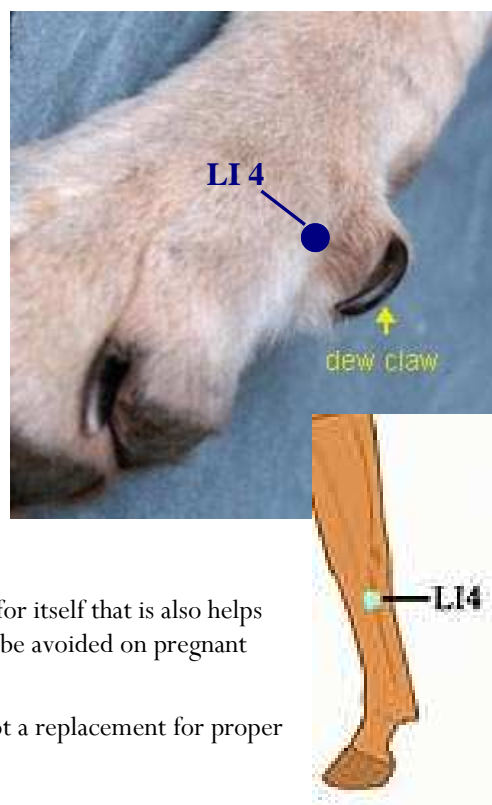
On dogs and cats it is located on the bone on the side of the foot at the level of the webbing between the dewclaw and the first toe of the front foot. If the dewclaw has been removed, this point will be at the scar left on the side of the foot. On horses it is located on the inside of the front leg in a depression between the splint bone and the cannon bone.

Since your pet will already be showing signs of discomfort, be very gentle when starting to work on this point. Similar to the instructions given for GB 21 (Volume 5, Issue 2 – April 2011), press LI 4 lightly and hold it for 2 seconds, then slowly release. Repeat this press and release motion 3-4 times before pressing again with a little more pressure and holding it for 10 seconds.

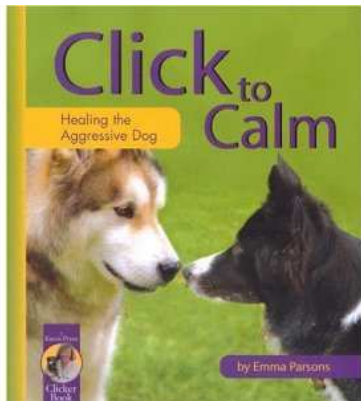
As the point is actually part of the Large Intestine meridian, it speaks for itself that it is also helpful with diarrhoea and constipation. This is yet another point that should be avoided on pregnant animals as it can induce labour.

Please remember that acupressure is a complementary therapy and not a replacement for proper veterinary care

By Linda M. Gould - SAMT, LAMT



RECOMMENDED READING



This month's recommended book is *Click to Calm: Healing the Aggressive Dog* by Emma Parsons.

Emma Parsons is a canine behaviour consultant, who was faced with a problem with her own dog. Her dog was aggressive. To help

her pet, Emma developed innovative and effective strategies to calm, alter and re-shape her dog's reactive displays and then used these strategies on her clients' dogs as well.

Click to Calm is based in positive reinforcement and presents all of Parson's strategies. With more than 40 clear exercises, presented in an easy-to-follow "training recipe" format, *Click to Calm* teaches both pet owners and experienced trainers how to help aggressive dogs through positive reinforcement and clicker training. The book is full of remarkable insights and practical information and provides help to anyone faced with the most challenging canine behaviour problems.



WOOFS & HOOFS ACTIVITIES CALENDAR

Wondering when your favourite workshop is planned at Woofs & Hoofs? Here's our latest dates. Remember that participation is limited so register early by [clicking here](#).

Reiki 2 for People and Animals

—21 August

Massage for Pet Owners

—21 August, 27 November

Introduction to Equine Massage

—15-16 October

Traditional TCM and Animal Acupressure

—26 November

And do not forget, we also offer programmes through our School of Animal Massage. You can choose from three options depending on your needs: Self-study, Combined Learning and the Intensive Programme.

Self Study:

— Online training, begin anytime

Intensive Programme:

Hands-On On-Site Training

— Summer 2011 Module 2—12-14 August

— Summer 2011 Module 3—7-9 October

—Fall 2011 series starting 11-13 November

Why not join us!





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WE'RE ON THE WEB!
WWW.WOOFSSANDHOOFS.BE

HELPING YOUR PET
TO FEEL GOOD NATURALLY

At Woofs & Hoofs Animal Massage, our mission is to help pets live long, happy, comfortable lives through natural healing modalities, appropriate training methods, understanding of the physical and emotional connection and needs of animals and through owner training and enlightenment.

We offer in-home massage and behaviour consultations as well as owner training and workshops in massage and behaviour at private homes, dog schools, stables or at our practice in Helchteren.

We also provide professional level courses for those looking for a new career in animal health care and veterinary support.

Our current calendar of events, workshops, lectures and other associated activities can be found by clicking on the 'calendar' tab on our website www.woofsandhoofs.be

For more information regarding our mission statement, methods and services or to schedule a workshop in your area, please contact Linda via e-mail at linda@woofsandhoofs.be.

HERBAL FLEA POWDER FOR CATS

This issue's recipe comes from Healthy Recipes for Pets (www.healthyrecipesforpets.com). It is different from our normal recipes, but we thought your cat would appreciate this natural alternative to treat fleas!

Ingredients:

- 1 part eucalyptus powder
- 1 part pennyroyal powder (use sage or rosemary for cats)
- 1 part fennel powder
- 1 part yellow dock powder

Preparation:

Combine all ingredients in a shaker top jar and shake to mix.

Apply to your pet's fur by brushing backward with your hand or comb and sprinkling the powder into the roots of the hairs. Concentrate on the neck, back and belly. Use just enough to add a little odour to the hairs.

For severe flea infestations, treat daily; otherwise, use two or three times a week.



RUB THE RIGHT WAY: MASSAGE TECHNIQUES FOR YOUR PET *By Linda M. Gould - SAMT, LAMT*

Friction

It can start a fire, warm our hands during football games, soothe a bumped head or elbow or cause an uncomfortable burn when our impersonation of Tom Cruise in "Risky Business" gets a little out of hand. But it's also a very useful massage technique!

In previous issues of our newsletter we've introduced you to some basic friction techniques such as making circles with your thumbs at the base of the skull or along the back. These strokes are called "friction techniques" since they warm and relax the muscles in the area that is being worked on.

There are several types of friction techniques that can be used for various reasons from increasing local circulation and removing metabolic waste products to releasing adhesions and scar tissue restrictions.

Care should always be taken when using friction techniques since too much pressure can damage the tissue

and create tiny tears that are painful. Ever get (or give) an 'indian burn' when you were younger? That is a good example of the feeling that is created when those tiny tears are created. It's not very pleasant! So always be careful when applying friction techniques and ensure they are applied correctly for the intended purpose. The pressure and speed of the techniques indicated in our newsletters should help the animal relax, not make him uncomfortable.

If you want to learn more about the various animal massage techniques and the correct way to apply them for specific issues found in your animal friends, consider joining one of our animal massage workshops or the Professional Programme. Both will give you the experience you need to correctly pamper your own pet or others' without causing

harm. More details about our offerings can be found in the agenda included in this newsletter or online at

www.WoofsAndHoofs.be.

