

# WOOFS & HOOFS ANIMAL MASSAGE NATURAL HEALING FOR PETS BI-MONTHLY NEWSLETTER

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## HALLOWEEN FUN WITH WOOFs & HOOFS

Halloween is approaching quickly, and we are busy making costumes and getting the pumpkins ready. The Woofs and Hoofs animals are wondering what is going on, so during the build-up to Halloween we have also been keeping them in mind. 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 cruciate ligament injuries in dogs. 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 be a nice treat for your dog on Halloween!

From all of us at Woofs and Hoofs, we wish you and your animal a very

Happy Halloween!



## CRUCIATE LIGAMENT INJURIES IN DOGS

The main components of a dog's knee are the cruciate ligaments. There are two—the cranial (or anterior) ligament and the caudal (or posterior) cruciate ligament. Unfortunately, cruciate ligament injury, often called ACL or CCL tear, is one of the most common orthopaedic conditions seen in dogs. It is typically the cranial cruciate ligament that is the one that is injured. The condition is not a life-threatening injury, but it can be very painful and hinder the mobility of your dog.

The cruciate ligament helps to stabilize a dog's knee. An injury can occur to this ligament for a variety of reasons. Often, it is simply an athletic injury in a healthy dog. The dog lands funny when he jumps or is running. Dogs that are more prone to a cruciate ligament injury are overweight dogs or dogs of breeds that are predisposed to weakened joints. Breeds that are more susceptible to cruciate rupture are the following: Labrador Retriever, Golden Retriever, Mastiffs, Boxer, Newfoundland and West Highland White Terrier.

A rupture can occur suddenly or gradually, and the symptoms include lameness and stiffness of the knee. A full rupture may lead to the swelling of the joint or atrophy in the muscles of the hind leg. Dogs with a rupture often prefer to sit with the leg straighten out in front of them so that they do not have to flex the knee joint. If your dog shows signs of pain or lameness, take them to the vet immediately. If a cruciate ligament injury remains untreated, long-term lameness and permanent discomfort can be the result.

Most dogs diagnosed with a rupture require surgery to stabilise the knee - especially if the dog is a larger breed. A extracapsular repair, where the damaged ligament is completely removed and the function is replaced with a strong suture,

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## ANIMAL TRIVIA

Did you know?

- A group of unicorns is called a blessing.
- A group of kangaroos is called a mob.
- A group of whales is called a pod.
- A group of geese is called a gaggle.
- A group of ravens is called a murder.
- A group of larks is called an exaltation.
- A group of owls is called a parliament.



- Twelve or more cows are known as a "flink."



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## CRUCIATE LIGAMENT INJURIES IN DOGS

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is the traditional surgical procedure. In this method, the tissue heals, and the suture breaks, allowing the tissue to stabilise the knee. This method is less expensive than the alternatives and can be successful in many small and medium dogs. However, a repeat injury in the long-term is often a problem with this method.

An alternative method is the tibial plateau level osteotomy (TPLO). This method is more complex than the extracapsular repair and changes how the injured dog's knee operates so that it can move without a cruciate ligament. In this method, the tibia is cut and rotated, and a metal plate is attached to it to keep the bone in place. Because this surgery is more complex, the recovery time is longer - several months. However re-injury is uncommon.

The latest surgical method used to treat a ruptured cruciate ligament is the tibial tuberosity advancement (TTA). This method also allows the knee to operate without a cruciate ligament and is slightly different to the TPLO but also involves cutting the tibia and placing hardware inside the knee. The recovery time and cost is similar to the TPLO.

Whatever type of surgery is performed on a dog affected with a cruciate ligament rupture, it is critical that the dog has a sufficient recovery period in order for the joint to heal properly. Physical therapy and massage therapy during the recovery period can help alleviate pain as well as help build up the muscle tissue in the affected area allowing the dog to regain his strength quicker.

Osteoarthritis will develop to some degree in all joints with a cruciate ligament rupture. However, dogs that respond well to surgery do not usually have issues with osteoarthritis for several years.

Unfortunately a cruciate rupture cannot always be prevented; however, keeping your dog at a healthy weight and providing plenty of exercise (not too much) can minimize the risk of this type of injury.



X-ray after surgery

Courtesy of Flickr: jespahjoy



## 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. Our programme has been recently revised according to suggestions from our students and the accreditation board. There is now an option to complete the programme over 15 consecutive business days or during a series of 5 jam-packed three day – very hands-on – weekends spread over 8 months. No matter which version you choose, you will learn everything you need to know to start your own business as a professional animal massage therapist. Hand-outs 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 final 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 (meets 11-13 November, 22-22 January, 16-18 March, 25-27 May, 20-22 July). The price to enrol in the first module is €750.00. Do not miss out! To enrol [click here](#).



## ACUPRESSURE POINT

By Linda M. Gould - SAMT, LAMT

You may be familiar with the Yin & Yang symbol, but do you know the meaning behind it and how it is used in Traditional Chinese Medicine, also known as TCM? Yin & Yang is one of the most fundamental concepts in Traditional Chinese Medicine and a foundation of both diagnosis and treatment.

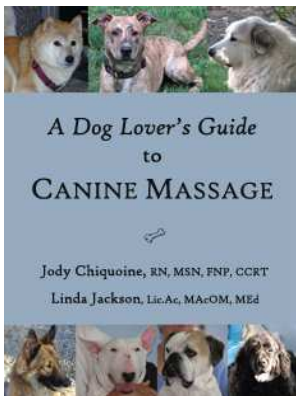
One of the basic ideas behind Yin & Yang is that they are interdependent, but at the same time opposite. There is always a little bit of Yin in anything that is Yang and also a little bit of Yang in anything that is Yin. That is the meaning behind the “seed” of Yin, the back dot, within the white Yang portion and the white Yang seed within the black Yin portion. You cannot understand light without knowing what dark is. You cannot appreciate warmth without knowing how it feels to be cold.

But I also said they are opposites. This can be at opposite ends of a cycle such as the seasons with Summer being very Yang and Winter being very Ying, or more on a relative scale or a continuum of energy or matter. Water is Yin relative to steam, but Yang relative to ice. Yin and Yang are therefore in constant flow and an ever-changing balance. When the body is able to keep a general balance between Yin and Yang without strong swings in either direction, it remains healthy and able to adjust to anything the environment throws at it. When it is not able to maintain this balance or outside influences become too intense, Yin and Yang separate and illness follows.

Yin is considered dark, cool, water, feminine and more “material” among other things. Yang includes properties such as light, warm, fire, masculine and more “energetic”. So when we are looking at the imbalance caused in Yin and Yang through illness, we want to understand if the symptoms are more Yin or Yang so they can be treated appropriately. For example, an animal with a fever would be considered to either have too much Yang or be deficient in the cooling ability of Yin depending on the other symptoms. Specific acupressure points would then be used to disperse excess Yang and/or tonify Yin. Want to learn more? Then [join us](#) for a 1-day workshop in an introduction to TCM and animal acupressure on Saturday the 26<sup>th</sup> of November.



## RECOMMENDED READING



This month's recommended book is *A Dog Lover's Guide to Canine Massage* by Jody Chiquoine and Linda Jackson.

*A Dog Lover's Guide to Canine Massage* is a practical workbook designed for all dog lovers, as well as professional veterinarians, groomers, kennel and shelter operators, trainers, etc. and dogs of all ages, sizes and conditions.

Fully illustrated with more than 100 photographs and diagrams, the book provides a strong foundation in massage technique, canine anatomy, and a solid grounding in the how-to's, what-for's and why not's.

Each chapter includes short exercises that help the reader build their knowledge and confidence experientially, not just theoretically. An easy-to-understand section on canine anatomy from head to tail includes useful charts and anatomical labels geared toward teaching the everyday pet owner about their dog's body and needs. You'll learn what to look for before, during and after massage and how easily you can incorporate massage into your canine companion's daily life.



## 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](#).

### Introduction to Equine Massage

—15-16 October

### Traditional TCM and Animal Acupressure

—Saturday, 26 November

### Massage for Pet Owners

—Sunday, 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 4 - 9-11 December*

— *Summer 2011 Module 5 - 3-5 February*

— *Fall 2011 series starting 11-13 November*

Why not join us!





## WOOFS & HOOFS ANIMAL MASSAGE

Sonnisstraat 106  
3530 Helchteren

E-mail: [linda@woofsandhoofs.be](mailto:linda@woofsandhoofs.be)

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WE'RE ON THE WEB !  
[WWW.WOOFSSANDHOOFS.BE](http://WWW.WOOFSSANDHOOFS.BE)

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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](http://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](mailto:linda@woofsandhoofs.be).

## POOCHIE PINT-SIZED CARROT TREATS

This issue's recipe comes from Healthy Recipes for Pets ([www.healthyrecipesforpets.com](http://www.healthyrecipesforpets.com)). It's a cheesy carrot treat that your dog will love.

### Ingredients:

- 1/2 cup cheddar cheese -- shredded
- 1/4 cup margarine
- 1 drop red food colouring -- or more if needed
- 1 drop yellow food colouring -- or more if needed
- 1 jar baby food carrots
- 1 cup all-purpose flour

1/4 cup milk -- or more if needed

### Preparation & Cooking

Melt cheese and margarine in a saucepan, stirring frequently. Take off heat. Stir in food dye, to make orange colour. Add carrots and flour. Stir until well blended.

Add enough milk to form into a ball. Transfer to a mixing bowl and chill for one hour. Roll dough on a lightly floured, flat surface to 1/4" thickness. Place on a cookie sheet lightly sprayed with non-fat cooking spray. Bake in a preheated 350 degree oven for 20 - 30 minutes, or until golden brown. Cool completely.



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

With Halloween on it's way you're bound to see strange creatures milling around town like ghosts and goblins, witches and warlocks, vampires and werewolves. You may even see skeletons walking down your street asking for candy in lieu of leaving your with a nasty Halloween reminder as they warn "Trick or Treat!" We massage therapists know that the idea of a walking skeleton is impossible. After all, where are the muscles that cause those bones to move??

But did you know that the bones that make up the skull of your animal friend actually DO move?? That's right! Although held together tightly by what are called "sutures", there is still a microfraction of movement that allows the skull to expand and contract in response to pressure inside the head from blood, nasal sinuses and forces created when chewing. This movement is also part of what is known as the **PRM**, or Primary Respiratory Movement in Craniosacral therapy. The ability for the bones of the skull to move is considered vital in maintaining the health of the animal.

The temporal bones at the top of your pet's head play a significant role in this motion. You can help release tension in muscles that restrict the movement of these bones by

grasping the base of your pet's ears, and gently pulling them both outward and slightly backward at the same time. The amount of force required is very small.

To ensure you are not pulling on your friend's ears too hard, first pinch your OWN cheeks and pull them outward. Notice how much force is needed to lift your cheeks from the bones of your face. Not much, is it?! This is the same amount of force you need to lift and release the muscles on your pet's skull and release tension in the underlying structures. Remember, the amount of movement in the bone sutures is a fraction of a millimetre so don't expect to pull the ears more than about a half centimetre. It's not a case of "the more you pull, the more it will release." A half centimetre doesn't seem like much, but it can make a huge difference in the comfort of your pet.

And in case you were wondering...Yes, the bones in YOUR skull move too. Creepy, huh?

