

Sarah Everard RVN MBVNA

Registered Veterinary Nurse
OCN Diploma Canine Massage Therapy

Fully Insured

One hour treatment £40.00
Half hour maintenance treatment £20.00

New Forest Area

Covered by Pet Insurance

All treatments are only given with
Veterinary consent

For advice and appointments
tel 07721 024 644

For details of workshops or general enquiries
email :- sarah@forestmoods.co.uk



Learn to massage your own dog
at a one day workshop.

For further information contact

Sarah below.

Tel 07721 024 644

email sarah@forestmoods.co.uk

www.forestmoods.co.uk



SARAH EVERARD

Trained with Galen Therapy Centre

Member of IAAT

CANINE MASSAGE

Helping Dogs Maintain

Maximum Mobility



Does your dog suffer from stiffness or discomfort, following or during exercise?

Massage has been shown to improve the circulation, relieve muscle tension, reduce pain, and maintain joint flexibility. It is especially beneficial for patients with arthritis and mobility problems.

Massage is also indicated for dogs with :-

- . intermittent lameness
- . behavioural changes, including reluctance to exercise or depression
- . difficulties in getting up and down, climbing stairs or getting in and out of the car
- . spinal problems
- . twitching of the back when stroked
- . uneven gait

During exercise and activity, muscles receiving insufficient oxygen will produce the waste product lactic acid which is contained within them. A build up of lactic acid will cause stiffness and discomfort and can permanently damage muscle fibres. Lactic acid is cleansed from the body via the venous and lymphatic systems which can be directly influenced by massage therapy. Massage enhances the flow of blood to the muscles improving the supply of oxygen and nutrients to them, allowing them to function most efficiently.

Testimonials

I want you to know that following his first session with you Troy's improvement was immediately apparent. So many things I have tried to alleviate his arthritis do not make any difference but your massage has improved his movement tremendously. We will be back! P.T. Lyndhurst

Thank you very much for your massage treatment, I am sure it made all the difference to Obie's recovery. C.R. Romsey

Canine massage is a gentle and non-invasive treatment which also aids in relaxation and helps dogs to recover from injury or illness more quickly, relieving muscle tension. In some situations it can help reduce swelling and scarring. Massage can help to build wasted muscle and improve muscle tone in older or convalescing dogs.

Canine massage therapy is also recommended as a warm up and warm down program to enhance performance in agility and working dogs.

Improvement in coat and skin condition after treatments are commonly observed due to the direct involvement of skin and fascia layers underneath.