

# 2010 Medical Massage for Animals – Canine Program

## Introductory Session

30 CE hours

### Wednesday (7.5 Hours)

8:00 - 8:30 AM

*Breakfast*

8:30 - 10:00 AM

**LECTURE: Introduction to the course; Massage – Techniques, Scientifically Based Mechanisms of Action, and Evidence-Based Approaches**

**OBJECTIVE:** Be able to describe the physiologic benefits of massage on the muscular, nervous, vascular, immune, and endocrine systems based on scientific research. Become aware of contraindications and potential adverse effects of poorly or inappropriately performed massage.

10:00 - 10:30 AM

*AM Break*

10:30 - 12:00 PM

**LABORATORY: Palpation Instruction and Basic Massage Techniques (practiced on human classmates)**

**OBJECTIVE:** Establish familiarity with the feel of normal versus tense myofascial tissue; obtain feedback from fellow participants about quality of touch; learn basic Swedish massage techniques.

12:00 - 1:00 PM

*Lunch*

1:00 - 3:30 PM

**LABORATORY: Canine Living Anatomy and the Myofascial Palpation Examination**

**OBJECTIVE:** Live dog lab identifying specific osseous, articular, and myofascial landmarks and structures in order to isolate sources of pain, stress, and discomfort.

3:30 - 4:00 PM

*PM Break*

4:00 - 6:00 PM

**LABORATORY: Swedish Massage Techniques on Live Dogs**

**OBJECTIVE:** After identifying areas of tenderness, tension, or pain in the dogs recruited for the laboratory, participants will employ Swedish massage techniques learned earlier in the day under supervision.

## Thursday (7.5 Hours)

8:00 - 8:30 AM

*Breakfast*

8:30 - 10:00 AM

**LECTURE: Myofascial Release: Scientific Basis, Evidential Support, and Implementation for Specific Conditions**

**OBJECTIVE:** Expand the soft tissue manual therapy repertoire by integrating this effective and relaxing technique adapted from osteopathic manipulative therapy.

10:00 - 10:30 AM

*AM Break*

10:30 - 12:00 PM

**LABORATORY: Myofascial Release: Find and Release Myofascial Restrictions in Classmates**

**OBJECTIVE:** Learn how to perform myofascial release and refine approaches based on verbal feedback from a human recipient.

12:00 - 1:00 PM

*Lunch*

1:00 - 3:30 PM

**LABORATORY: Myofascial Release Techniques on Live Dogs**

**OBJECTIVE:** Integrate myofascial release techniques into a massage session and review Swedish massage techniques learned on Friday.

3:30 - 4:00 PM

*PM Break*

4:00 - 6:00 PM

**LABORATORY: Benefits of Relaxation and Focus**

**OBJECTIVE:** Perform a combination of relaxing Swedish massage and myofascial techniques on a fellow classmate in order to induce deep relaxation while the practitioner focuses on breathing, relaxation and body mechanics. The goal being to transfer the state of relaxation back and forth between practitioner and patient until both of them sense and induce relaxation in the other.

## Friday (7.5 Hours)

8:00 - 8:30 AM

*Breakfast*

8:30 - 10:00 AM

**LABORATORY: Hands-on Review of Techniques (Classmate practice)**

**OBJECTIVE:** Ensure that techniques learned thus far are delivered with appropriate pressure and flow; monitor body mechanics of the practitioner.

10:00 - 10:30 AM

*AM Break*

10:30 - 12:00 PM

**LECTURE: Integrating Medical Massage and Myofascial Release in Small Animal Practice: Neck and Back Pain Focus**

**OBJECTIVE:** Review relevant anatomy for spinal pain, discuss soft tissue manual therapy approaches pertinent to specific conditions, including chronic back or neck pain, intervertebral disk disease and post-operative support.

12:00 - 1:00 PM

*Lunch*

1:00 - 3:30 PM

**LECTURE: Integrating Medical Massage and Myofascial Release in Small Animal Practice: The Thoracic and Pelvic Limbs and Tail**

**OBJECTIVE:** Review ways in which abnormal stresses placed on thoracic and pelvic limbs based on pathologies such as arthritis and ligamentous laxity will produce myofascial restriction and pain. Discuss myofascial release and massage approaches that specifically address these conditions.

3:30 - 4:00 PM

*PM Break*

4:00 - 6:00 PM

**LABORATORY: Hands-on Lab with Live Dogs**

**OBJECTIVE:** With supervision, assess and treat dogs with spinal and/or limb pain, using the techniques discussed in lecture. Monitor practitioner body mechanics and how dogs respond to various techniques. Observe for changes in disposition, gait, and posture of dogs pre- and post- bodywork.

## Saturday (7.5 Hours)

8:00 - 8:30 AM

*Breakfast*

8:30 - 10:00 AM

**LECTURE: Integrating Medical Massage and Myofascial Release in Small Animal Practice: Working with Critical Care Patients**

**OBJECTIVE:** Discuss specific considerations for in-house critical care patients in terms of addressing anxiety, stress, pain, immune support, post-operative ileus, etc. and avoiding areas of recent surgery, trauma, or wounds. Review contraindications to massage and how analgesic medications, recent anesthesia, anticoagulants, or other medications may require a modification in technique.

10:00 - 10:30 AM

*AM Break*

10:30 - 12:00 PM

**LECTURE: Integrating Medical Massage and Myofascial Release in Small Animal Practice: Geriatrics**

**OBJECTIVE:** Review the spectrum of chronic issues geriatric patients face and how this requires an even more careful and vigilant approach from a soft tissue manual therapy perspective. Be mindful not only of the chronic pain and postural challenges these animals face but also the neurologic, oncologic, gastrointestinal, psychological, and other various battles they may be fighting on a daily basis and how massage can aid their quality of life significantly.

12:00 - 1:00 PM

*Lunch*

1:00 - 3:30 PM

**LABORATORY: Hands-on Lab with Live Dogs: Lab 1**

**OBJECTIVE:** With supervision, assess and treat dogs with various medical challenges. Monitor practitioner body mechanics and how dogs respond to techniques. Receive client feedback. Observe for changes in disposition, gait, and posture of dogs pre- and post- bodywork.

3:30 - 4:00 PM

*PM Break*

4:00 - 6:00 PM

**LABORATORY: Hands-on Lab with Live Dogs: Lab 2**

**OBJECTIVE:** With supervision, assess and treat dogs with various medical challenges. Monitor practitioner body mechanics and how dogs respond to techniques. Receive client feedback. Observe for changes in disposition, gait, and posture of dogs pre- and post- bodywork.