



## MASSAGE ROUTINES

### RELAXATION ROUTINE (3-5 MINS)

1. Start by stroking your pet and giving them reassurance and praise
2. Superficial kneading up the back
3. Neck - circular movements
4. Back - compress and release, stroking, circular movements
5. Back Legs - stroking, kneading, compress and release
6. Front Legs - stroking, kneading, compress and release
7. Change sides and repeat

### MAINTENANCE ROUTINE (25-40 MINS)

1. Start with Relaxation routine
2. Neck - circular movements (deeper massage)
3. Pecs - kneading and stroking
4. Front legs - stroking, kneading, effleurage, compress and release
5. Range of motion (ROM) - paw. If time allows shoulder, elbow and wrist
6. Stretch front leg
7. Back - compress and release, stroking, circular movements
8. Glutes - circular movements
9. Back legs - stroking, kneading, compress and release
10. Range of motion (ROM) - paw. If time allows hip, knee and ankle
11. Stretch back leg
12. Stroking the whole body
13. Scapula release
14. Change sides and repeat (each side should take 10-12 mins)

### WARM-UP ROUTINE (3-5 MINS)

1. Vigorous quick strokes and patting (2-3 strokes per second)
2. Neck - circular movements
3. Shoulders and front legs - patting and stroking
4. Pecs - patting and stroking
5. Back - compress and release
6. Glutes and back legs - patting and compress and release

### WARM-DOWN ROUTINE (8-10 MINS)

1. Slower strokes and movements. Promote effleurage
2. Back - superficial kneading
3. Neck - circular movements
4. Pecs - stroking
5. Front leg - stroking, kneading, effleurage
6. Back - compress and release, stroking, effleurage
7. Back legs - stroking, kneading, compress and release
8. Stretching - front legs, back legs, back and tail