

What is animal massage - Why animal massage?

Have you ever heard anything about animal massage? If not, you will be amazed what benefits massage can have for your pet. If yes, you probably want to find out more. In any case – just read on!

If you have a pet that suffers from any kind of pain (like hip dysplasia, arthritis,...) or if your animal is recovering from surgery, has behaviour problems or seems to slow down, therapeutic massage can help your pet as much as it would help you.

Massage does much more than create a pleasant sensation on the skin, it also increases the general health and well-being of the recipient while aiding the rehabilitation process and promoting healing.

The strokes applied to your pet's soft tissues can be used to relax and soothe your pet or invigorate their muscles prior to competition, increasing performance, quality of gait and stamina.

Restoring correct joint range of motion and enhancing muscle tone can also help prevent injury and degenerative wear and tear on joints.

Therapeutic massage has shown to be beneficial as it

- improves the general health and wellbeing
- relaxes (decreases the heart rate)
- soothes (aching muscles and the mind)
- lessens inflammation and swelling
- prevents adhesions by stretching connective tissue
- tones (muscles and body) and prevents injury
- stimulates the lymphatic system (assists in the elimination of toxins and poisons, cleansing and purifying of the system)
- activates circulatory and immune systems
- brings strength to weakened muscles
- disperses pain in tense muscles (by releasing of endorphins)
- Nervous System will benefit (stresses and strains may be considerably alleviated)
- regular massage enables one to detect illnesses at an early stage

Animal massage therapy like massage therapy for humans is one of the oldest, simplest forms of physical medicine known to man and involves manual manipulation of soft body tissues (muscle, connective tissue, tendons, and ligaments) to relieve pain, relax, stimulate, and tone the body.