



Lake Stevens
Animal Hospital

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Massaging at Home

Heat-Use heating pad on low setting or a rice bag heated in microwave; (test it by putting it against your inner arm) place over a light towel-do not apply directly to the fur or skin of your pet. Apply for 1 minute over tense muscles.

Massage- Use bulbs of hand and thumb and roll gently in circular motions rather than digging in with fingers; go up and down entire length of neck and spine, massaging the adjacent muscles rather than on top of the spine itself. Do this until your pet visibly relaxes, usually 3 - 5 minutes. You can concentrate on obviously hard, tight or knotted areas, but be aware of possibly causing pain.

***If giving anti-inflammatory and/or pain relief medications, it may be best to give these 1 - 2 hours prior to doing the massage therapy. Ask us if you have any questions about this.

Cool- Use ice pack, gel pack or frozen peas over light kitchen towel-apply for 30 - 60 seconds.

(A flexible ice pack can be made using Freezer Ziploc bags, double bagged; add two parts water and one part alcohol and freeze. The solution will not freeze solid and will mold around body parts.)

Repeat the Heat-Massage-Cool therapy 2 - 3 times a day to loosen tense muscles.

Use ramps or stairs to discourage jumping down from high places like beds or couches.