



## SENIOR DOG ONLINE CLASS

### Module 1 – Massage Tips

- **Make sure you and your dog are relaxed before you start Massaging them.**
- **Use a gentle pressure initially, until you can gauge what pressure suits your dog.**
- **If you find a sore area for your dog, don't massage that area initially. It might be too sore for your dog. Instead ... If possible, Massage above and below that sore area first. Then come back to the sore area and see if it has relieved some of the soreness. If you have a heat pack, gently apply it to the sore area for up to 5 minutes, before trying to Massage that area again.**
- **If possible Massage both limbs on one side of your dog, before turning them over to Massage the opposite side.**
- **If your dog is sore in the back legs, it's often good to Massage a different area first (that isn't sore). This gives them a chance to relax and get used to what you are doing before attempting to Massage the sore area.**
- **Please remember, with learning any new skill it takes time. So be patient with yourself and your dog and always consult with your local Vet if your dog is in pain.**