



## **Therapeutic Massage**

Therapeutic massage is the focused, deliberate, systematic manipulation of soft tissue – muscles, tendons and ligaments. Its accomplishments are numerous and encompass physical, mental and emotional levels. A few of the benefits may include but are not limited to:

- Increased circulation of blood and lymph – thus increased oxygen, nutrition and healing to the cells
- Increased efficiency in removal of metabolic waste and toxins
- Increased flexibility and range of motion
- Encourages accelerated healing (injury, trauma, surgery)
- Stimulates endorphin release – the body's natural pain manager
- Strengthens the immune system
- Creates a relaxed state of alertness
- Builds confidence and self-assuredness
- Creates a sense of well being
- Increases the mind and body connection (eye/hand coordination)

Candidates for massage therapy could be fast developing youngsters, athletic performance animals, rehabilitative patients of surgery, trauma or injury, geriatrics, breeding animals at the appropriate times, or animals with behavioral issues. Individuals having difficulty rising from a seated or a laying position, having an irregular gait, stiffness, soreness or a roached back could benefit from therapeutic massage.