

The Unbelievable Health Benefits Of Puppy Massage

How do I massage my dog?

According to Modern Dog magazine, massaging your pup can be quite simple.

“Use a flat palm to slowly touch all the parts of your dog’s body. Really focus on what you are feeling, and pay attention to all the layers, from hair through skin, fat, muscle, and down to bone.”

While rubbing is great for the larger muscles, they recommend that for the legs you “wrap your fingers around each lower leg and squeeze gently.”

You can then finish up any massage session with a gentle full-body petting.

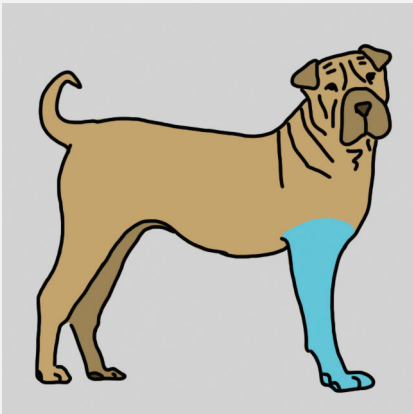
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By Phil Mutz - graphics by Maya Borenstein for LittleThings

5. Joint Health And Infections

Massaging your dog’s front legs is a great idea prior to any physical activity.

Warming up the muscles will not only help prevent injury, but it is good for your dog’s joint health.

Life & Dog goes so far as to say that “working in the crease behind your dog’s elbow will help him cope with infections and allergies.”

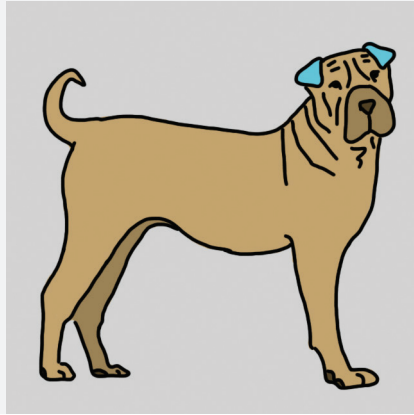


1. Stress And Anxiety

Always pay attention to your dog’s ears. The ears are the part of your dog most closely related to stress and anxiety levels.

According to Life & Dog, “Massaging the ear and ear flaps will relax and invigorate her entire body.”

Paying close attention to the ears can help combat their stress as well as overall fatigue.

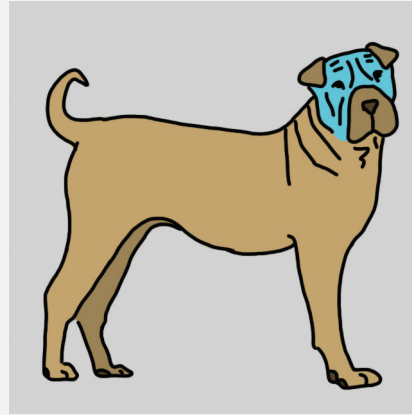


2. Nervous System And Stomach Health

Massaging their head can have some truly incredible benefits for their nervous system and their stomach.

According to Iheartdogs.com, your dog’s “nervous system is directly correlated to the cranial [area].”

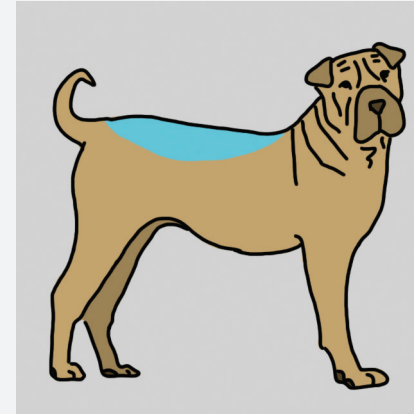
Life & Dog goes on to say, “Pressure points near the eye are associated to the stomach, bladder, and gallbladder.”



3. Restlessness And Hyperactivity

Everyone deserves a pat on the back now and then, and your dog is no exception. Massaging the back of your dog is good for combating restlessness or hyperactivity.

Other benefits associated with massaging the back include improved stomach health, increased skin elasticity, and increased comfort with human touch.

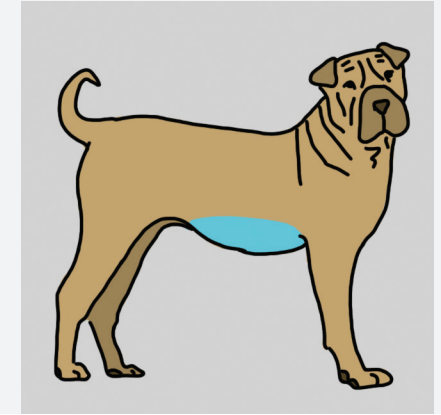


4. Digestive Issues

If your dog is suffering from digestive issues, the belly is a great place to focus your massage.

Working the belly with the palm of your hand will help your dog’s stomach muscles to relax.

In the long run, this will help them to stay more regular, and will cut down on gas and bloating.

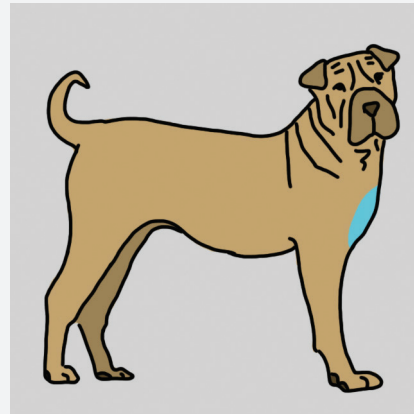


6. Heart Health

The chest is one of the most important areas that you can massage on your dog.

The chest is directly connected to your pet’s circulatory system, so a gentle rub can be good for their overall heart health.

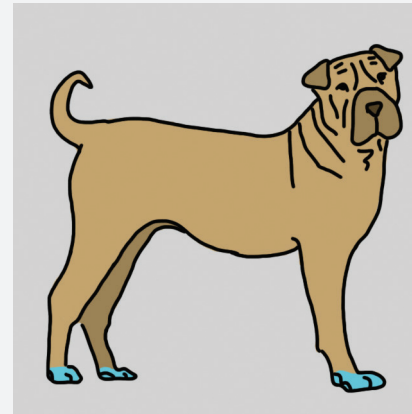
This area can also be known to have a positive influence on their blood pressure and help him cope with infections and allergies.”



7. Comfort And Trust

The paws can be one of the most sensitive areas on your dog, because the paws are actually directly connected to many different parts of the body.

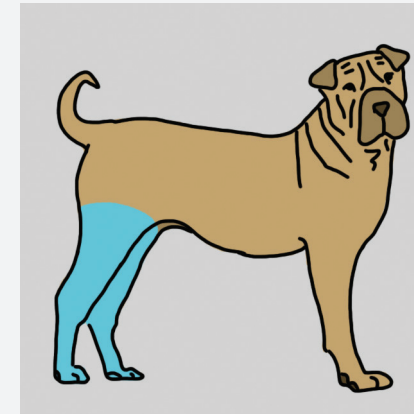
Massaging your dog’s paws can be great for the health of several of their body’s systems. This area also is great for building trust between your dog and yourself.



8. Flexibility And Range Of Motion

Massaging this spot can help increase your dog’s overall flexibility, and improve their range of motion.

According to Modern Dog magazine, paying attention to the pelvic area just above the hind legs can be great for “the rest and relaxation responses of the body (for example, sleep, digestion, and tissue repair).”



9. The Whole Body

Kneaded Pets writes, “Beyond the obvious benefits of relieving muscle tension, it can be a powerful tool for realigning the spine and body. Massage aids in the circulation of the body, which assists the joints and muscles [to] flush toxins from the tissues.”

They also report that dog massage “increases energy, concentration, and alertness, heightens immune system function, promotes longevity, and slows degenerative processes.”

