

ACCES for Pet Health

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Massage and Your Pet

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If you've ever had a massage you know how much better it makes you feel! The benefits of animal massage are about the same. Massage can help your four legged friend relax, decrease chronic pain, speed up recovery from injuries, and help condition a working or competitive animal.

One of the most valuable assets of animal massage is health maintenance. Regular massage aids in early detection of abnormalities, such as swelling, injured or painful areas, and facilitates early medical diagnosis of problems. The animal's general overall health is boosted by an increase in blood and lymph circulation and enhancement of muscle tone and flexibility. Also, many pets enjoy a relaxing massage!

Massage therapy has become very popular for equine and canine athletes. Many training programs are incorporating massage therapy to help enhance the animal's health and quality of life. A few days before a competition, massage is used for loosening muscles while post-event massage is used to help reduce muscle soreness.

Massage can play an integral role in helping faithful companion animals and hard working athletes maintain a healthy lifestyle. It is important to note that animal massage is not a substitute for veterinary medical care. Consulting with your veterinarian and massage practitioner prior to a session is recommended. Massage is an excellent option for enhancing the health of our animal friends!



Massage can be very beneficial to your pet's health. Photo courtesy animalmassageguide.com.

Posted by [Christina Ryan](#) at August 11, 2010 12:00 a.m.

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