

Canine Massage Therapy Course - Level I

Dogs are no longer just pets; they are cherished members of our family which is why more and more dog owners are turning to holistic therapies like Canine Massage Therapy to improve the health and fitness of their canine companions.

If you have experienced a massage yourself then you know how relaxing and healing the experience can be. This is the same for dogs. Massage can be used as part of an overall prevention, wellness and fitness strategy or to help your dog recover from a particular illness or injury, to alleviate a chronic condition and to calm a dog that suffers from anxiety. Massage Therapy has its place in all stages of a dogs' life.

Course Specifics:

Location: Royal Canadian College of Massage Therapy

220 Lesmill Road, Toronto, ON

Dates: Jan. 14/15 & Jan. 21/22, 2017 plus dates throughout 2017.

Over 4 days- 2 weekends (9 am to 5:30 pm)

100 Hour Course consists of 32 Hours Contact, 3 Case Studies of 6 visits each plus an additional 60 hours home study.

Combination of theory, in class practice, after course case studies and homework. Students will be evaluated by exam and in class practical.

Materials-Textbook- 1. Canine Massage- A Complete Reference Manual by Jean Pierre Hourdebaigt, L.M.T. (available at Chapters in text or Kobo eBook)

2. Dog Anatomy - A Coloring Atlas, 2002 by Robert Kainer and Thomas O. McCracken (available at Chapters)

Handouts will also be provided

Cost = \$1495

Purpose: The Canine Massage Therapy Course Level I will provide you with Certification to practice Canine Massage Therapy in Ontario (please check the guidelines for your individual province or state). This course provides the basics to interested participants who want to learn why, when and how to apply canine massage in a safe environment. This course will teach students topics such as history and basic principles of massage, basic techniques, benefits of massage, basic anatomy and physiology, behavioural issues and common pathologies. This course is designed for people who: (1) are thinking about starting their own canine massage practice, (2) want to gain skills to complement an existing business/skill set, or (3) simply want to learn how to massage their own dogs for relaxation and well-being purposes. It is also the prerequisite for the Level II course for students interested in further studies.

Interest Level / Background: People with a love of dogs who want to learn the basics of massage to improve the health and well being of their companion and those who would like to start their own canine massage practice or add an additional offering to their existing business. This course is designed for people who have either no massage experience or knowledge of anatomy or have a basic knowledge and skill set.

Royal Canadian College of Massage Therapy Canine Massage Therapy Level 1 Course Outline

Day 1

Time	Topic	Sub-topics	Hours
9 - 9:30 am	Get to know each other	<ul style="list-style-type: none"> • Introductions / Background • Reasons for enrolling • Expectations / what you hope to achieve 	0:30 mins
9:30 - 9:45 am	Review of Course and outline		0:15 mins
9:45 - 10:00 am	Introduction and History of Massage and how it translates to dogs		0:15 mins
10:00 - 10:15 am	Scope of Practice	<ul style="list-style-type: none"> • your role and limitations as a Canine Massage Therapist 	0:15 mins
10:15 - 10:30 am	When is massage appropriate for dogs	<ul style="list-style-type: none"> • a look at how massage is beneficial at all stages of a dogs' life 	0:15 mins
10:30 - 11:00 am	Why is Massage Therapy beneficial	<ul style="list-style-type: none"> • The physiological and psychological benefits 	0:30 mins
11:00 - 11:15 am	<i>BREAK</i>		0:15 mins
11:15 - 11:20 am	Review of benefits from above		0:05 mins
11:20 - 12:00 pm	When and how Canine Massage Therapy is Safe and Recommended	<ul style="list-style-type: none"> • When is massage indicated • What are contraindications • What are risks to treatment and what safety concerns may exist 	0:40 mins
12:00 - 12:15 pm	Quiz / Exercise	<ul style="list-style-type: none"> • Review of contraindications 	0:15 mins
12:15 - 1:00 pm	<i>LUNCH BREAK</i>		0.45 mins
1:00 - 1:45 pm	Directional Terminology		0:45 mins
1:45 - 3:15 pm	General Anatomy & Physiology of Dogs -	<ul style="list-style-type: none"> • Fun facts 	1.5 hours

	Helping you “feel - see”	<ul style="list-style-type: none"> • the systems of the body • Key bony landmarks 	
3:15 - 3:30	<i>BREAK</i>		0:15 mins
3:30 - 5:30 pm	Continued Anatomy & Physiology	<ul style="list-style-type: none"> • Types of tissue / muscle /fascia • Joints, Tendons, Ligaments 	2 hours
Day 2			
9 - 9:30 am	Review & questions from Day 1		30 mins
9:30 - 11:00	Kinesiology: How a dog moves	<ul style="list-style-type: none"> • Key muscles and their function • Forelegs and Hindlegs 	1.5 hours
11:00 - 11:15 am	<i>BREAK</i>		0:15 mins
11:15 - 12:00 pm	Kinesiology principles cont'd	<ul style="list-style-type: none"> • Vertebral column & Cervical region 	0:45 mins
12:00 - 12:45 pm	<i>LUNCH</i>		0:45 mins
12:45 - 1:30 pm	Gait and structural assessment	<ul style="list-style-type: none"> • Assessing different gaits (walk, trot etc) 	0:45 mins
1:30 - 2:00 pm	Animal Handling, Behaviour, Communication and Psychology	<ul style="list-style-type: none"> • Initial contact and approaching the dog • Feedback signs 	0:30 mins
2:00 - 2:30 pm	The Appointment	<ul style="list-style-type: none"> • Forms, canine history and note taking • Setting the environment • Proper positioning 	0:30 mins
2:30 - 3:15 pm	Massage strokes and techniques	<ul style="list-style-type: none"> • demonstration of massage strokes and when/ where to use 	0:45 mins
3:15 - 3:30 pm	<i>BREAK</i>		0:15 mins
3:30 - 4:00 pm	Demonstration of a massage sequence	<ul style="list-style-type: none"> • Massage using a canine volunteer 	0:30 mins
4:00 - 5:30 pm	Palpation and Practice		1.5 hours

Day 3

9:00 - 9:30 am	Review & questions		0:30 mins
9:30 - 10:30 am	Group exercise	• fun activity & review of major muscles and bones	1 hour
10:30 - 11:15 am	Delving deeper into the Assessment	• things to look for and questions to ask	0:45 mins
11:15 - 11:30 am	<i>BREAK</i>		0:15 mins
11:30 - 12:30 pm	Mock Massage session including intake forms		1 hour
12:30 - 1:15 pm	<i>LUNCH BREAK</i>		0:45 mins
1:15 - 1:30 pm	Complete notes from session to hand in for evaluation		0:15 mins
1:30 - 2:45 pm	Common stress areas and problem spots	• Breed specific injuries and problem spots	1.25 hours
2:45 - 3:15 pm	Common problems, injuries, pathology and zoonotic diseases for dogs	• Inflammation • tumours • scar tissue • allergies trigger/stress points • back problems • injuries and chronic conditions • common zoonotic diseases	0:30 mins
3:15 - 3:30 pm	<i>BREAK</i>		0:15 mins
3:30 - 4:45 pm	Continuation from before break		1.25 hours
4:45 - 5:20 pm	Massage practice		0:30 mins
5:25 - 5:30 pm	Discuss practical exam and written exam for Day 4		0:10 mins

Day 4

9:00 - 9:30 am	Review and Questions		0:30 mins
9:30 - 10:15 am	Massage routine and sequences to use for particular regions	• 5 stages of every massage • Fore & hindquarters • back massage • head & neck	0:45 mins

10:15 - 10:30 am	Stretching & Range of Motion		0:15 mins
10:30 - 10:45 am	<i>BREAK</i>		0:15 mins
10:45 am - 11:30 am	Practice sequences and massage		45 mins
11:30 - 12:00 pm	Nutrition & Supplements	<ul style="list-style-type: none"> • Recommendations • Rating dog food brands • Ideal Weight 	0:30 mins
12:00 - 12:45 pm	<i>LUNCH BREAK</i>		45 mins
12:45 - 1:15 pm	Introduction to Hydrotherapy - using hot and cold treatments	<ul style="list-style-type: none"> • Why and when and the benefits 	0:30 mins
1:15 - 2:15 pm	Written Exam	<ul style="list-style-type: none"> • multiple choice, matching columns and short answer 	1 hour
2:15 - 2:30 pm	<i>BREAK</i>		0:15 mins
2:30 - 2:45 pm	Mark our exams		0:15 mins
2:45 - 3:45 pm	Practical evaluation	<ul style="list-style-type: none"> • class will be divided into groups 	1 hour
3:45 - 4:15 pm	Introduction to complementary treatments	<ul style="list-style-type: none"> • Laser, Acupressure, Aromatherapy, • First-aid, Hydrotherapy • Outline of Level II Canine Program 	0:30 mins
4:15 - 5:30 pm	Next steps & starting your own business Case studies	<ul style="list-style-type: none"> • Your role • forms required • record keeping • Communicating with the owner • sessions and costing • Insurance and Associations • Marketing and Networking 	1.25 hours
5:30 - 5:45 pm	Wrap up, course evaluation		0:15 mins

