

Client Advice Sheet

The following information is important advice to take on board after your dog has had a Myotherapy treatment.

- After treatment, your dog may well be lethargic and tired, this is perfectly normal and not something to be concerned about.
- Please wait for 2 hours before giving your dog anything to eat. They should however be encouraged to drink plenty of water.
- Your dog may have slightly loose stools or may vomit post treatment as the massage will help remove toxins from the body and this can be the way the body does it!
- After a treatment your dog should be restricted in the type and amount of exercise they do. 15/20 minutes of exercise at any one time is plenty. I would rather you do 3 x 15 minutes' walk rather than either 1 or 2 longer walks. Walks should be on lead as this will ensure they are not running about or jumping on and off things. Interactions with other dogs should also be limited. This restricted exercise should last for 2 – 3 days.
- Some of this physical activity can be replaced with brain stimulating activities. This will stop any boredom or frustration setting in. Scenting is a great example of this. You could hide some of their food or some treats either inside or outside and your dog will find them by scenting/using his nose. This is also a good way to get your dog to naturally stretch its neck.
- Please adjust the environment post treatment as needed and discussed; eg lift the dog into and out of the car or use a ramp. Try not to let them jump on and off furniture.
- I will have worked over areas of sore and tense/tight muscles so your dog may appear much worse than when they arrived. I understand how disconcerting this can be but it is part of the process. If you are concerned do contact me.
- Your dog may however feel and look so much better after their treatment. They may want to run, jump and play like they haven't done for a long time. This is excellent and please note this but try to discourage too much running jumping and playing for the first two to three days when they are on restricted exercise.
- Please note any behavioural changes in your dog.

Please send me an e mail after 3/4 days letting me know how your dog is getting on.

Looking forward to seeing you again soon.