

Canine Strains and How Therapy Helps

Helping Your Dog Recover Naturally

What is a Strain?

A **strain** is an injury to a **muscle or tendon**, often caused by overstretching, sudden movement, or overuse. These injuries can occur during play, training, agility, or even everyday activity.

Common Causes:

- Vigorous exercise or sudden movements
- Slipping or awkward landings
- Muscle fatigue or poor conditioning
- Compensation for joint issues like arthritis or hip dysplasia

Common Signs:

- Limping or uneven gait
- Stiffness after rest or exercise
- Localised heat or swelling
- Sensitivity when touched
- Reluctance to jump, climb, or run

Areas Often Affected:

- Shoulder muscles (e.g., supraspinatus, infraspinatus)
- Groin area (iliopsoas)
- Lower back and hamstrings

How Therapy Helps (Osteopathy and Massage)

Osteopathy and massage therapy work together to support the body's natural healing process. These gentle, hands-on treatments help restore **Comfort, Balance, Strength & Movement**, to the musculoskeletal system.

Therapeutic Benefits:

- **Releases muscle tension:** Reduces tightness, spasms, and discomfort.
- **Improves circulation:** Increases oxygen and nutrient delivery to injured tissues.
- **Reduces inflammation and pain:** Calms stressed muscles and joints.
- **Encourages relaxation:** Lowers stress hormones and promotes calm healing.
- **Restores alignment:** Addresses compensations that can lead to secondary problems.
- **Improves flexibility and range of motion:** Helps your dog move more comfortably.

By combining the structural focus of **osteopathy** with the soft tissue benefits of **massage**, therapy offers a complete approach — treating both the **injury** and the **whole body** to encourage lasting recovery.

Aftercare and Prevention

- Always have a **veterinarian assess** the injury before beginning therapy.
- Allow **adequate rest and gradual return** to activity.
- Include **warm-ups and conditioning** before exercise.
- Schedule **regular maintenance sessions** for active or senior dogs.
- Keep sessions **gentle and positive** to promote relaxation and trust.

Therapy supports your dog's health by encouraging natural healing, improving comfort, and helping them move freely again.