

## About the Patient:

Name: Duncan Parks

Age: 10 1/2 yrs

Breed: Cocker poo - Cross

Sex: Male

Contact Information: Amy & Brian Parks

6259 Eldorado Ave, Niagara Falls, ONT

First Treatment Date: June 7, 2016

905-351-0994

Current Medications / Supplements:

None

Current Food: Nutrition First - Senior Dog - P.C. Brand

Known Allergies:

Environmental

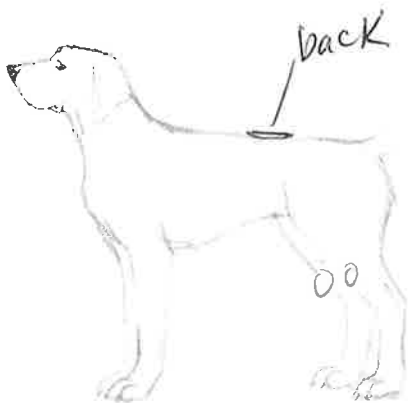
Medical History (surgeries, injuries, medical attention sought)

- Knee-cruciate surgery - both knees
- Herniated disc
- Arthritis in back (lower) that caused herniated disc.

Current Mobility and Health Concerns:

- Mobile
- Can walk but back legs slip out
- over weight but has lost weight
- Seems stiff after laying down.

Known Painful Areas



Pictures / Video:

Before:

After:

Description:

Permission Formed Signed:

Notes:

## Photograph & Video Release Form

I hereby grant permission to the rights of my image, and likeness and that of my pet (s) as recorded on video and photograph without payment or any other consideration. I understand that my image and my pet's image may be edited, copied, exhibited, published or distributed and waive the right to inspect or approve the finished product wherein my likeness and my pet's likeness appears. Additionally, I waive any right to royalties or other compensation arising or related to the use of my image or recording. I also understand that this material may be used in promotional settings within an unrestricted geographic area.

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By signing this release I understand this permission signifies that photographic or video recordings of me and my pet (s) may be electronically displayed via the Internet or in the public educational setting.

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There is no time limit on the validity of this release nor is there any geographic limitation on where these materials may be distributed.

This release applies to photographic, audio or video recordings collected as part of the sessions listed on this document only.

By signing this form I acknowledge that I have completely read and fully understand the above release and agree to be bound thereby. I hereby release any and all claims against any person or organization utilizing this material for promotional purposes.

Full Name Amy Parks

Street Address/P.O. Box 6259 Eldorado Ave

City Niagara Falls, Ont.

Prov/Postal Code/Zip Code L2H 1S5

Phone 905-371-0994

Email Address amy.parks.2013@gmail.com

Signature Amy Parks Date June 7/2016

If this release is obtained from a presenter under the age of 19, then the signature of that presenter's parent or legal guardian is also required.

Parent's Signature \_\_\_\_\_ Date \_\_\_\_\_



Thank you for the opportunity for me, Tara to actively team up with your dog in a Whole Body Balance case study which will further enhance my studies on my way to becoming an Animal Bowen Physiotherapy Practitioner.

Duncan will receive 3 W.B.B. sessions: one a week for three weeks.

W.B.B. is a Level 1 course which focuses on 15 specific "Moves" with the ability to restore mobility, vitality and health.



For more information on Animal Bowen Physiotherapy please visit [animalvitalityplus.com](http://animalvitalityplus.com)

#### What to expect:

After the first session you may find that Duncan will take a long nap.

The body is in rest and restore mode.

Typically the energy level is enhanced over the next few days.

You may see a reconnection to the family and a desire to attempt things that have not been attempted in some time.

You know your dog best and it will be easy for you to observe any changes.

Please note any changes.

Typically after the second session is when positive mobility changes begin.

It's all those little noted changes that lead to the restoration of the body i.e. like an ease of getting up, attempting to jump in the car or on furniture, the ability to walk further, sitting in a more "normal" position and so on...

Unexpected things happen too! That's the beauty of Animal Bowen. You may note a calmer or more relaxed demeanor, coat can become shinier and softer, note these or any other findings!

**After each session allow the dog to rest. Please refrain from brushing, bathing and long stroking for 24 hours after each session. This allows the Animal Bowen Physiotherapy to settle into the body without interruption.**

I agree to have Duncan participate in this case study.

Amy Parks  
June 7/2016

## Visual / Hands On Assessment:

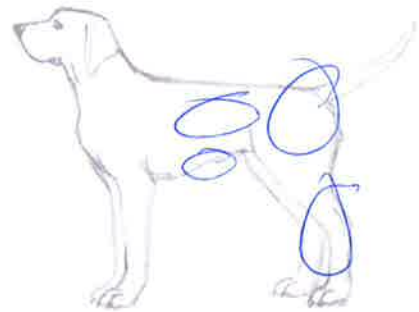
Name: Duncan

Date: June 7

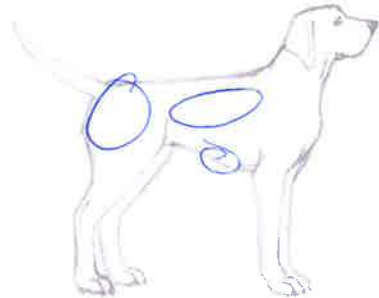
Session #: 1

Known Injuries (Current/ Previous): knee surgeries on both knees  
injury to rear leg

Spine Crawl:  
hard to feel spine - very thick  
to arthritis



Shimmer Slide: - lots of lumps & bumps  
back 1/2 of back  
- hip bones really jut out (?) or  
may be hard spots



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### Body Condition / Demeanour

Weight (Over/Under):

Coat Condition (e.g. Shiny, Dull, Patchy): soft

Visual Assessment (e.g. Coat Condition, Muscle Tone, Posture)

- rear tucked - tail tuck
- slight roached spine
- some lumps on belly

Movement Overview (e.g. Tail Movement, Lameness, Tilting):

Some rear lameness

Lameness Scale:

0	None noted under any circumstance
1	Lameness difficult to observe; not consistent
2	Difficult to observe when walking or trotting; shows up under certain circumstances
3	Shows up consistently in a trot & all circumstances
4	Obvious during walking
5	Lameness produces minimal weight bearing in motion & at rest

Notes: - Rear L leg leg slips out occasionally.  
- stiff rear when walking

Overall Demeanour (e.g. Mood, Energy Level):  
- normal - mellow Duncan.

Areas of Concern: L - Rear leg.

Owner's Observations:  
- leg slips out (down).  
- can do stairs now since original Bowen.  
therapy sessions done by Debi

Notes: some lumps of belly.

# Whole Body Balance Worksheet:

Name: Duran

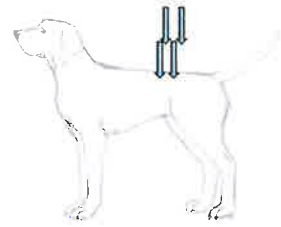
Date: 5/16/7

Session #: 1

## Move 1: Longissimus Dorsi

(Same as Move 7)

- Stretches & Straightens Back & Loins; Stretch Vertebral Column.
- When the contract they'll sraighten & stabalize the spinal column
- When the muscles contract to one side, the spine will bend to that side



1a: ✓

1b: ✓

1c: ✓

1d: ✓

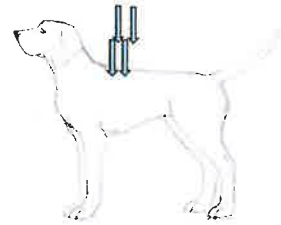
Wait time: 2

Observations: seemed to have a slight reaction but could be wanting to go in other room

## Move 2: Latissimus Dorsi, Rhomboids, Trapezius

(Same as Move 8)

- Latissimus Dorsi: Pulls legs backwards; its contraction causes the leg to move backwards.
- Rhomboids: Draws scapula up, backward & forward & lifts neck; pulls top of shoulder up, forward & towards body. When shoulder is still it can lift neck. One side can only pull neck to that side
- Trapezius: Draws scapula up, backward & forward & lifts neck; as a whole pulls shoulder blade upwards. Also able to hold shoulder against body
  - Neck section: Pulls it up and forward
  - Thoracic section: Pulls it up and backward



2a: ✓

2b: ✓

2c: ✓

2d: ✓

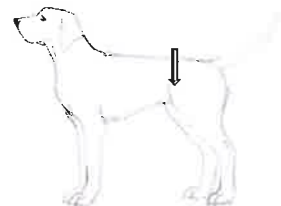
Wait time: 3-4

Observations: same comments as above - kids in room may be too much activity.

## Move 3: Tensor Fascia Latae Muscle

(Same as Move 6)

- Extends knee joint; flexes hip joint
- Flexes hip joint, and because it's attached to the patella and tibia it'll extend the knee joint as well



3a: ✓

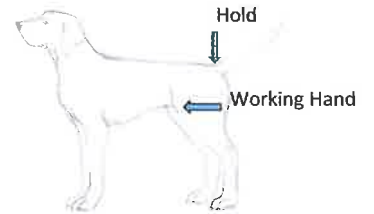
3b: ✓

Wait time: 3-4

Observations: has large lump on left in area of move.

## Move 4: Biceps Femoris Muscle; Hamstring

- Extends hip joint; extend & flexes knee joint & extend ankle joint
- The whole muscle extends hip joint; knee joint is extended by upper front fibers
- Ankle joint is extending by lower rear fibers; lower rear fibers could also flex knee joint



4a: ✓

4b: ✓

Wait time: 3-4

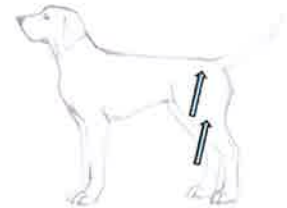
Observations: had definite reaction with this move.

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## Move 4a: Gluteus Medius

Point of hip; take slack underneath muscle ventrally on soft tissue; Wave upwards

- Pulls limb away from body & extends dog's hip joint
- Important muscle for the dog's rearing, jumping, kicking & moving forwards as it extends hip joint
- Addresses hip pain, range of motion of hip, shortened stride, back pain



4a: ✓

4b: ✓

Wait time: 3-4

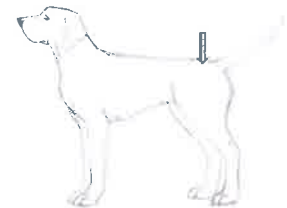
Observations: not as defined on L side - difficult to find.

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## Move 5: Gluteus Medius

Point of croup; move laterally 1 in over M. Gluteals  
Tiny classic role medially. Hold area from Move 4

- Main stress area of dog
- Pulls limb away from body & extends dog's hip joint
- Important muscle for the dog's rearing, jumping, kicking & moving forwards as it extends hip joint
- Addresses hip pain, range of motion of hip, shortened stride, back pain
- Found at overlap of Longissimus & Gluteal Muscles



5a: ✓

5b: ✓

Wait time: 2-3

Observations: had slight reaction on R

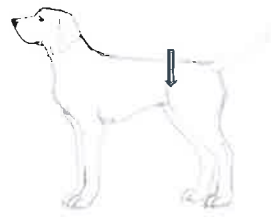
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Move 6: Tensor Fascia Latae Muscle

(Same as Move 3)

- Extends knee joint; flexes hip joint
- Flexes hip joint, and because it's attached to the patella and tibia it'll extend the knee joint as well



6a: ✓ 6b: ✓

Wait time: 3min

Observations: had to hold up. - but got move in

Move 6A: Knee / Stifle

1 in above knee & 1 in out from knee. Over tendon (clunk)  
 Slack and roll around toward from of knee as much as possible

- Extends knee joint

6a: ✓ 6b: ✓

Wait time: 4

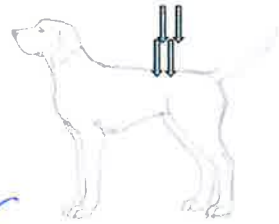
Observations: did not enjoy move - difficult to do - had knee surgery - hard to find tendon



Move 7: Longissimus Dorsi

(Same as Move 1)

- Stretches & Straightens Back & Loins; Stretch Vertebral Column.
- When the contract they'll sraighten & stabalize the spinal column
- When the muscles contract to one side, the spine will bend to that side



7a: ✓ 7b: ✓ 7c: ? 7d: X

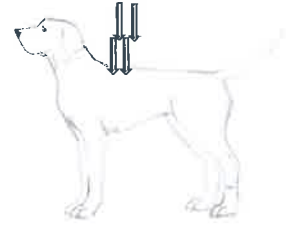
Wait time: 3.5min

Observations: - got up before could finish

## Move 8: Latissimus Dorsi, Rhomboids, Trapezius

(Same as Move 2)

- Latissimus Dorsi: Pulls legs backwards; its contraction causes the leg to move backwards.
- Rhomboids: Draws scapula up, backward & forward & lifts neck; pulls top of shoulder up, forward & towards body. When shoulder is still it can lift neck. One side can only pull neck to that side
- Trapezius: Draws scapula up, backward & forward & lifts neck; as a whole pulls shoulder blade upwards. Also able to hold shoulder against body
  - Neck section: Pulls it up and forward
  - Thoracic section: Pulls it up and backward



8a:

✓

8b:

✓

8c:

✓

8d:

✓

Wait time:

3

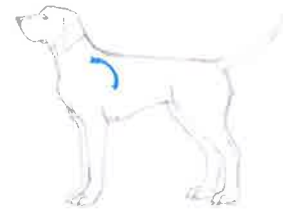
Observations:

den. hooves stretched out (L) & has not done that in long time - has reaction on L side front.

Between shoulder blade & spine  
Start with slack  
Behind shoulder up and around

## Move 9: Rhomboids, Trapezius

- Rhomboids: Draws scapula up, backward & forward & lifts neck; pulls top of shoulder up, forward & towards body. When shoulder is still it can lift neck. One side can only pull neck to that side
- Trapezius: Draws scapula up, backward & forward & lifts neck; as a whole pulls shoulder blade upwards. Also able to hold shoulder against body
  - Neck section: Pulls it up and forward
  - Thoracic section: Pulls it up and backward
- A problem here will show tight shoulders causing dog to exhibit loss of power & movement & coordination
- Generally be problems in other shoulder as well



9a:

✓

9b:

✓

Wait time:

3-4

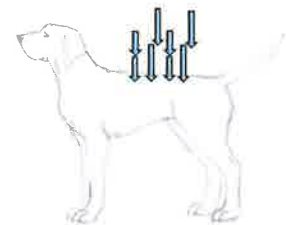
Observations:

laying down during move - responds well to move.

## Move 10: Longissimus Dorsi

(Same as Move 3 in RRT)

- Stretches & Straightens Back & Loins; Stretch Vertebral Column.
- When the contract they'll straighten & stabilize the spinal column
- When the muscles contract to one side, the spine will bend to that side



10 a1

✓ a2:

10b1

✓ b2:

10 c1

✓ c2:

10 d1

✓ d2:

Wait time:

3-4

Observations:

noticed left side & L rear warm  
has reaction when working on back half (a-c).

## Move 11: Brachiocephalicus Muscle

- Pulls leg forwards & neck & head down and to one side
- Will pull the whole forelimb forwards
- Muscle extends the shoulder joint if head & neck are still
- When muscles pull from both sides of body, the pull neck & head down
- When muscles only pull from one side of body, they pull head & neck to one side
- Addresses kidneys, lymphatics, soreness from play, work, twisting & turning sharply

1 in in front of shoulder blade (scapula)  
 1 in off spine  
 No slack. Roll & start 2<sup>nd</sup> roll slightly forward from where roll ended  
 Roll towards front of dog



11a: ✓ 11b: ✓ 11c: 11d: 11e: 11f:

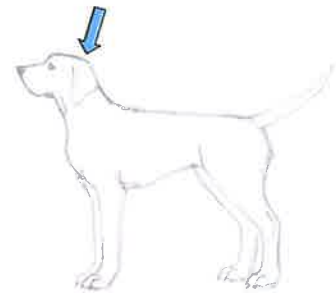
Wait time: 2-3 3 1/2 rolls.

Observations: hard to get into all air.  
 - can feel tension on roll ckd.

## Move 12: Rectus Capitus Dorsalis

- Elevates head
- Extends & laterally flexes head
- Addresses lymphatics
- Soreness will result in head shyness and headaches

Locate poll. Move down 1/2 in. and out 1/2 in.



12a: ✓ 12b: ✓

Wait time: 3-4

Observations: liked more

## Move 13: Trapezius

- Trapezius: Draws scapula up, backward & forward & lifts neck; as a whole pulls shoulder blade upwards. Also able to hold shoulder against body
  - Neck section: Pulls it up and forward
  - Thoracic section: Pulls it up and backward
- Holds the proprioception for holding the poll in the correct position for self carriage
- When tight or out - head will pull to one side
- Refusal to flex to one side – normally opposite side problem
- Dog will tend to stick its nose out & stretch out stiffly through neck

Located on neck  
 1/2 below poll ...come down 1/3 of neck length from Move 12 starting point  
 Classic move in medial direction



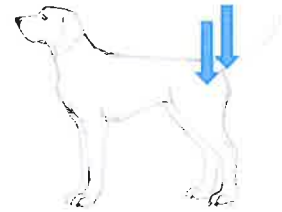
13a: ✓ 13b: ✓

Wait time: 2-3

Observations: Elnched a more b)

## Move 14: Sacrocaudalis Dorsalis Medialis and Lateralis

(Same as Move 5 from RRT)



- Sacrocaudalis Dorsalis medialis
  - Acts to raise tail & assists in lateral flexion
  - Arises on spinous process of L7 & extends to last caudal vertebra – innervated by N. gluteus caudalis
- Sacrocaudalis Dorsalis lateralis
  - Acts to raise tail & assists in lateral flexion
  - Arises from aponeurosis of longissimus & intersects with 16 sperate tendons to each caudal vertebra
  - It's innervated by the plexus caudalis dorsalis Coccygeus
  - Aids in wagging of tail, supports squatting
- Addresses colic, diarrhea, constipation, reproductive & digestive system imbalances
- NEVER perform on pregnant dog
- The tail is the rudder-when it's out of alignment the dog will be off balance..just as when the body is out so is the tail
- Important move for spinal health

14a: ✓

14b: 1/2

Wait time:

Observations:

left leg twitched when in hold position.  
didn't hold long on RSD.

# Whole Body Balance Worksheet:

Name: Duncan

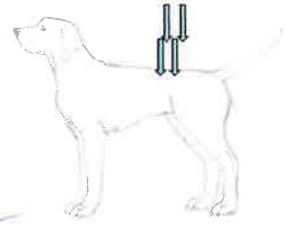
Date: June 14

Session #: 2

## Move 1: Longissimus Dorsi

(Same as Move 7)

- Stretches & Straightens Back & Loins; Stretch Vertebral Column.
- When the contract they'll sraighten & stabalize the spinal column
- When the muscles contract to one side, the spine will bend to that side



1a: ✓

1b: ✓

1c: ✓

1d: ✓

Wait time:

2-3

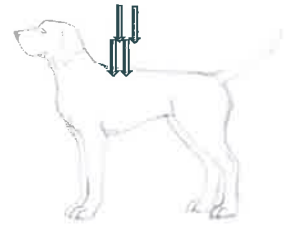
Observations:

had reaction on d) - -

## Move 2: Latissimus Dorsi, Rhomboids, Trapezius

(Same as Move 8)

- Latissimus Dorsi: Pulls legs backwards; its contraction causes the leg to move backwards.
- Rhomboids: Draws scapula up, backward & forward & lifts neck; pulls top of shoulder up, forward & towards body. When shoulder is still it can lift neck. One side can only pull neck to that side
- Trapezius: Draws scapula up, backward & forward & lifts neck; as a whole pulls shoulder blade upwards. Also able to hold shoulder against body
  - Neck section: Pulls it up and forward
  - Thoracic section: Pulls it up and backward



2a: ✓

2b: ✓

2c: ✓

2d: ✓

Wait time:

2-3

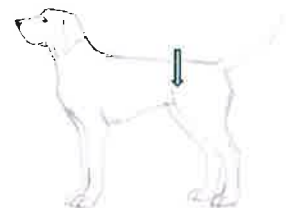
Observations:

layed down on .b) & stayed relax.

## Move 3: Tensor Fascia Latae Muscle

(Same as Move 6)

- Extends knee joint; flexes hip joint
- Flexes hip joint, and because it's attached to the patella and tibia it'll extend the knee joint as well



3a: ✓

3b: ✓

Wait time:

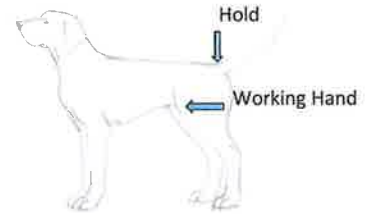
2-3

Observations:

has lump / fast in area of male - not sure.  
if got more on proper spot

## Move 4: Biceps Femoris Muscle; Hamstring

- Extends hip joint; extend & flexes knee joint & extend ankle joint
- The whole muscle extends hip joint; knee joint is extended by upper front fibers
- Ankle joint is extending by lower rear fibers; lower rear fibers could also flex knee joint



4a: ✓

4b: ✓

Wait time:

~~2-3~~ 3-4.

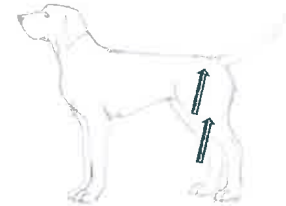
Observations:

dog sitting on knee - hard to get into proper spot.

## Move 4a: Gluteus Medius

Point of hip; take slack underneath muscle ventrally on soft tissue; Wave upwards

- Pulls limb away from body & extends dog's hip joint
- Important muscle for the dog's rearing, jumping, kicking & moving forwards as it extends hip joint
- Addresses hip pain, range of motion of hip, shortened stride, back pain



4a: ✓

4b: ✓

Wait time:

3-4.

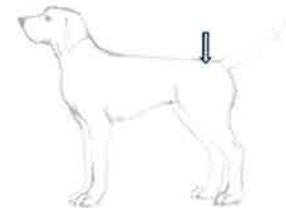
Observations:

R side hard to find - not very defined.

## Move 5: Gluteus Medius

Point of croup; move laterally 1 in over M. Gluteals  
Tiny classic role medially. Hold area from Move 4

- Main stress area of dog
- Pulls limb away from body & extends dog's hip joint
- Important muscle for the dog's rearing, jumping, kicking & moving forwards as it extends hip joint
- Addresses hip pain, range of motion of hip, shortened stride, back pain
- Found at overlap of Longissimus & Gluteal Muscles



5a: ✓

5b: ✓

Wait time:

2-3

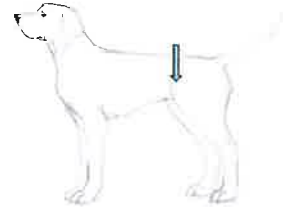
Observations:

dog calm & laying down.

## Move 6: Tensor Fascia Latae Muscle

(Same as Move 3)

- Extends knee joint; flexes hip joint
- Flexes hip joint, and because it's attached to the patella and tibia it'll extend the knee joint as well



6a: ✓

6b: ✓

Wait time: 23

Observations: held dog up - had reaction with L side.

## Move 6A: Knee / Stifle

- Extends knee joint

1 in above knee & 1 in out from knee. Over tendon (clunk)  
Slack and roll around toward from of knee as much as possible

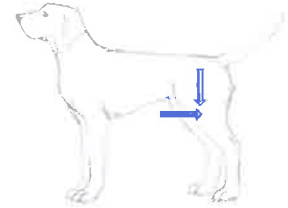
6a: ✓

6b: X

Wait time: 3-4

Observations:

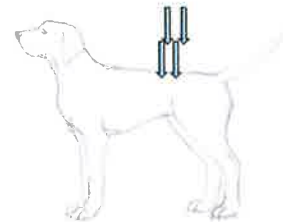
Did not enjoy move.



## Move 7: Longissimus Dorsi

(Same as Move 1)

- Stretches & Straightens Back & Loins; Stretch Vertebral Column.
- When the contract they'll sraighten & stabalize the spinal column
- When the muscles contract to one side, the spine will bend to that side



7a: ✓

7b: ✓

7c: ✓

7d: ✓

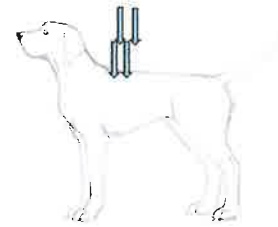
Wait time: 3-4

Observations: had definite reaction - set up 1/2 left after move.

## Move 8: Latissimus Dorsi, Rhomboids, Trapezius

(Same as Move 2)

- **Latissimus Dorsi:** Pulls legs backwards; its contraction causes the leg to move backwards.
- **Rhomboids:** Draws scapula up, backward & forward & lifts neck; pulls top of shoulder up, forward & towards body. When shoulder is still it can lift neck. One side can only pull neck to that side
- **Trapezius:** Draws scapula up, backward & forward & lifts neck; as a whole pulls shoulder blade upwards. Also able to hold shoulder against body
  - Neck section: Pulls it up and forward
  - Thoracic section: Pulls it up and backward



8a: ✓

8b: ✓

8c: ✓

8d: ✓

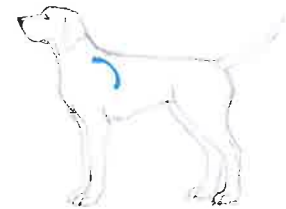
Wait time: 4-5.

Observations: had slight reaction during c).

## Move 9: Rhomboids, Trapezius

Between shoulder blade & spine  
Start with slack  
Behind shoulder up and around

- **Rhomboids:** Draws scapula up, backward & forward & lifts neck; pulls top of shoulder up, forward & towards body. When shoulder is still it can lift neck. One side can only pull neck to that side
- **Trapezius:** Draws scapula up, backward & forward & lifts neck; as a whole pulls shoulder blade upwards. Also able to hold shoulder against body
  - Neck section: Pulls it up and forward
  - Thoracic section: Pulls it up and backward
- A problem here will show tight shoulders causing dog to exhibit loss of power & movement & coordination
- Generally be problems in other shoulder as well



9a: ✓

9b: ✓

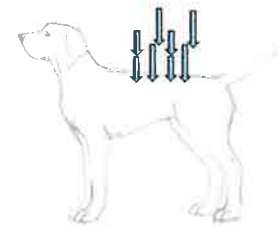
Wait time: 2-3.

Observations: had definite reaction - scooted away as doing move - got more in though - both sides did

## Move 10: Longissimus Dorsi

(Same as Move 3 in RRT)

- Stretches & Straightens Back & Loins; Stretch Vertebral Column.
- When the contract they'll straighten & stabilize the spinal column
- When the muscles contract to one side, the spine will bend to that side



10 a1 ✓

a2: ✓

10b1 ✓

b2: ✓

10 c1 ✓

c2: ✓

10 d1 ✓

d2: ✓

Wait time: 3-4.

Observations: had definite reaction more to d.



## Move 11: Brachiocephalicus Muscle

- Pulls leg forwards & neck & head down and to one side
- Will pull the whole forelimb forwards
- Muscle extends the shoulder joint if head & neck are still
- When muscles pull from both sides of body, the pull neck & head down
- When muscles only pull from one side of body, they pull head & neck to one side
- Addresses kidneys, lymphatics, soreness from play, work, twisting & turning sharply

1 in in front of shoulder blade (scapula)  
 1 in off spine  
 No slack. Roll & start 2<sup>nd</sup> roll slightly forward from where roll ended  
 Roll towards front of dog

11a:      11b:      11c:      ~~11d:~~      ~~11e:~~      ~~11f:~~

Wait time:

4-5.

Observations:

3 moves - had reaction - can feel tension.



## Move 12: Rectus Capitus Dorsalis

- Elevates head
- Extends & laterally flexes head
- Addresses lymphatics
- Soreness will result in head shyness and headaches

Locate poll. Move down 1/2 in. and out 1/2 in.

12a: ✓

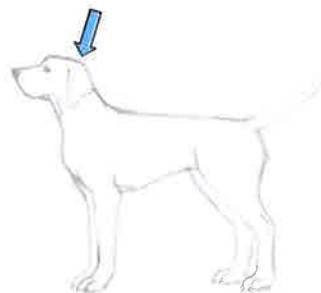
12b: ✓

Wait time:

2-3.

Observations:

abital reaction.



## Move 13: Trapezius

- Trapezius: Draws scapula up, backward & forward & lifts neck; as a whole pulls shoulder blade upwards. Also able to hold shoulder against body
  - Neck section: Pulls it up and forward
  - Thoracic section: Pulls it up and backward
- Holds the proprioception for holding the poll in the correct position for self carriage
- When tight or out - head will pull to one side
- Refusal to flex to one side -- normally opposite side problem
- Dog will tend to stick its nose out & stretch out stiffly through neck

Located on neck  
 1/2 below poll ...come down 1/3 of neck length from Move 12 starting point  
 Classic move in medial direction

13a: ✓

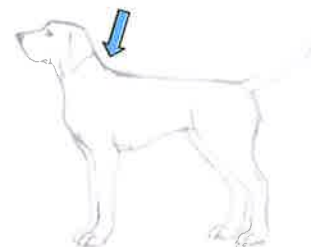
13b: ✓

Wait time:

3

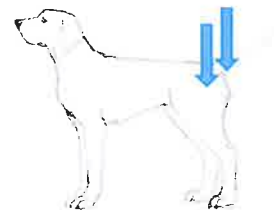
Observations:

Did move with one finger - still abit of reaction.



## Move 14: Sacrocaudalis Dorsalis Medialis and Lateralis

(Same as Move 5 from RRT)



- Sacrocaudalis Dorsalis medialis
  - Acts to raise tail & assists in lateral flexion
  - Arises on spinous process of L7 & extends to last caudal vertebra – innervated by N. gluteus caudalis
- Sacrocaudalis Dorsalis lateralis
  - Acts to raise tail & assists in lateral flexion
  - Arises from aponeurosis of longissimus & intersects with 16 sperate tendons to each caudal vertebra
  - It's innervated by the plexus caudalis dorsalis Coccygeus
  - Aids in wagging of tail, supports squatting
- Addresses colic, diarrhea, constipation, reprodcutive & digestive system imbalances
- NEVER perform on pregnant dog
- The tail is the rudder-when it's out of alignment the dog will be off balance..just as when the body is out so is the tail
- Important move for spinal health

14a: ✓

14b: ✓

Wait time:

23

Observations:

no reaction this time - a little twitch when on L.

Seems to have reaction during shoulder mass this time.

R side seems more tense - makes sense since R Left is injured.

started w/ plank :

## Whole Body Balance Worksheet:

Name: Duran

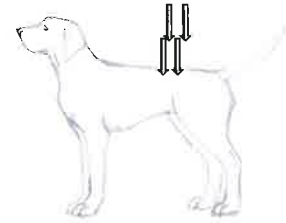
Date: June 21

Session #: 3

### Move 1: Longissimus Dorsi

(Same as Move 7)

- Stretches & Straightens Back & Loins; Stretch Vertebral Column.
- When the contract they'll sraighten & stabalize the spinal column
- When the muscles contract to one side, the spine will bend to that side



1a:



1b:



1c:

1d:

Wait time:

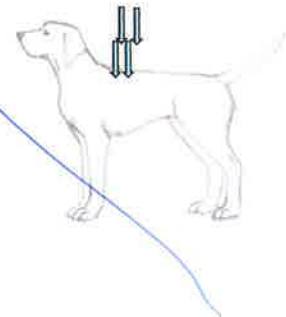
Observations:

dog's left leg not on ground - just started before treatment started - crunched up.

### Move 2: Latissimus Dorsi, Rhomboids, Trapezius

(Same as Move 8)

- Latissimus Dorsi: Pulls legs backwards; its contraction causes the leg to move backwards.
- Rhomboids: Draws scapula up, backward & forward & lifts neck; pulls top of shoulder up, forward & towards body. When shoulder is still it can lift neck. One side can only pull neck to that side
- Trapezius: Draws scapula up, backward & forward & lifts neck; as a whole pulls shoulder blade upwards. Also able to hold shoulder against body
  - Neck section: Pulls it up and forward
  - Thoracic section: Pulls it up and backward



2a:

2b:

2c:

2d:

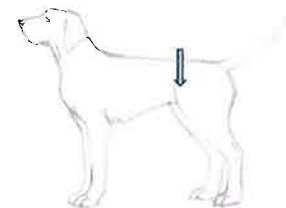
Wait time:

Observations:

### Move 3: Tensor Fascia Latae Muscle

(Same as Move 6)

- Extends knee joint; flexes hip joint
- Flexes hip joint, and because it's attached to the patella and tibia it'll extend the knee joint as well



3a:



3b:

1/2

Wait time:

3-4

Observations:

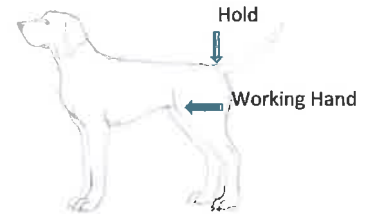
next time finding spot = fat deposits walking better already.

Did ok

at 12:30

## Move 4: Biceps Femoris Muscle; Hamstring

- Extends hip joint; extend & flexes knee joint & extend ankle joint
- The whole muscle extends hip joint; knee joint is extended by upper front fibers
- Ankle joint is extending by lower rear fibers; lower rear fibers could also flex knee joint



4a: ✓

4b: ✓

Wait time: 3-4.

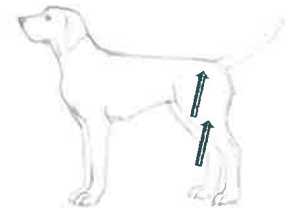
Observations:

walking much better now - seems abit more sure of footing.

## Move 4a: Gluteus Medius

Point of hip; take slack underneath muscle ventrally on soft tissue; Wave upwards

- Pulls limb away from body & extends dog's hip joint
- Important muscle for the dog's rearing, jumping, kicking & moving forwards as it extends hip joint
- Addresses hip pain, range of motion of hip, shortened stride, back pain



4a: ✓

4b: ✓

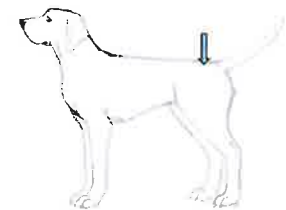
Wait time:

Observations: right side - more difficult to find - not as defined

## Move 5: Gluteus Medius

Point of croup; move laterally 1 in over M. Gluteals  
Tiny classic role medially. Hold area from Move 4

- Main stress area of dog
- Pulls limb away from body & extends dog's hip joint
- Important muscle for the dog's rearing, jumping, kicking & moving forwards as it extends hip joint
- Addresses hip pain, range of motion of hip, shortened stride, back pain
- Found at overlap of Longissimus & Gluteal Muscles



5a:

5b:

Wait time: 2-3

Observations:

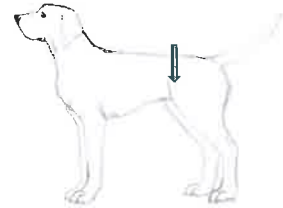
dog laying down - easy to do move.

QL - Ligate seems shorter.

### Move 6: Tensor Fascia Latae Muscle

(Same as Move 3)

- Extends knee joint; flexes hip joint
- Flexes hip joint, and because it's attached to the patella and tibia it'll extend the knee joint as well



6a:

6b:

Wait time:

Observations:

didn't enjoy as much as 1st round

### Move 6A: Knee / Stifle

1 in above knee & 1 in out from knee. Over tendon (clunk)  
 Slack and roll around toward from of knee as much as possible

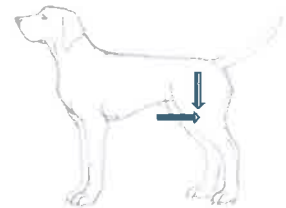
- Extends knee joint

6a:

6b:

Wait time:

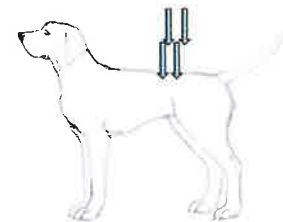
Observations:



### Move 7: Longissimus Dorsi

(Same as Move 1)

- Stretches & Straightens Back & Loins; Stretch Vertebral Column.
- When the contract they'll straighten & stabilize the spinal column
- When the muscles contract to one side, the spine will bend to that side



7a:

7b:

7c:

7d:

Wait time:

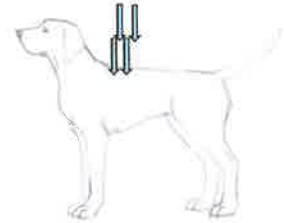
Observations:

dog layed down -- dog calmed now.

## Move 8: Latissimus Dorsi, Rhomboids, Trapezius

(Same as Move 2)

- Latissimus Dorsi: Pulls legs backwards; its contraction causes the leg to move backwards.
- Rhomboids: Draws scapula up, backward & forward & lifts neck; pulls top of shoulder up, forward & towards body. When shoulder is still it can lift neck. One side can only pull neck to that side
- Trapezius: Draws scapula up, backward & forward & lifts neck; as a whole pulls shoulder blade upwards. Also able to hold shoulder against body
  - Neck section: Pulls it up and forward
  - Thoracic section: Pulls it up and backward



8a:

8b:

8c:

8d:

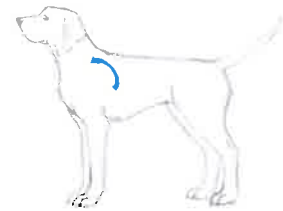
Wait time:

Observations:

## Move 9: Rhomboids, Trapezius

Between shoulder blade & spine  
Start with slack  
Behind shoulder up and around

- Rhomboids: Draws scapula up, backward & forward & lifts neck; pulls top of shoulder up, forward & towards body. When shoulder is still it can lift neck. One side can only pull neck to that side
- Trapezius: Draws scapula up, backward & forward & lifts neck; as a whole pulls shoulder blade upwards. Also able to hold shoulder against body
  - Neck section: Pulls it up and forward
  - Thoracic section: Pulls it up and backward
- A problem here will show tight shoulders causing dog to exhibit loss of power & movement & coordination
- Generally be problems in other shoulder as well



9a:

9b:

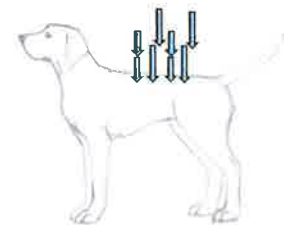
Wait time:

Observations:

## Move 10: Longissimus Dorsi

(Same as Move 3 in RRT)

- Stretches & Straightens Back & Loins; Stretch Vertebral Column.
- When the contract they'll straighten & stabilize the spinal column
- When the muscles contract to one side, the spine will bend to that side



10 a1 a2:

10b1 b2:

10 c1 c2:

10 d1 d2:

Wait time:

Observations:

## Move 11: Brachiocephalicus Muscle

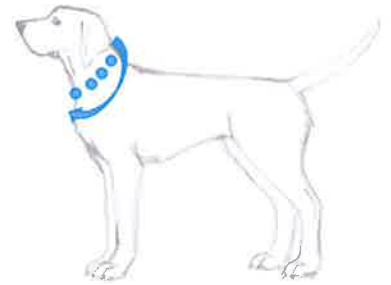
- Pulls leg forwards & neck & head down and to one side
- Will pull the whole forelimb forwards
- Muscle extends the shoulder joint if head & neck are still
- When muscles pull from both sides of body, the pull neck & head down
- When muscles only pull from one side of body, they pull head & neck to one side
- Addresses kidneys, lymphatics, soreness from play, work, twisting & turning sharply

1 in in front of shoulder blade (scapula)  
1 in off spine  
No slack. Roll & start 2<sup>nd</sup> roll slightly forward from where roll ended  
Roll towards front of dog

11a:          11b:          11c:          11d:          11e:          11f:

Wait time:

Observations:



## Move 12: Rectus Capitus Dorsalis

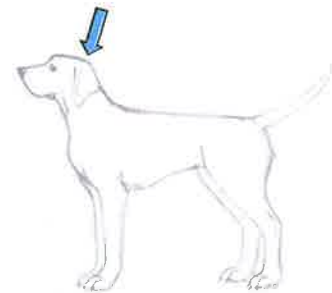
- Elevates head
- Extends & laterally flexes head
- Addresses lymphatics
- Soreness will result in head shyness and headaches

Locate poll. Move down ½ in. and out ½ in.

12a:          12b:

Wait time:

Observations:



## Move 13: Trapezius

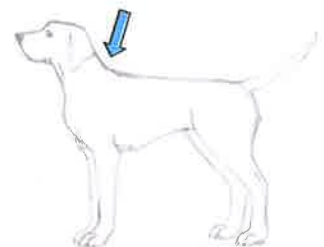
- Trapezius: Draws scapula up, backward & forward & lifts neck; as a whole pulls shoulder blade upwards. Also able to hold shoulder against body
  - Neck section: Pulls it up and forward
  - Thoracic section: Pulls it up and backward
- Holds the proprioception for holding the poll in the correct position for self carriage
- When tight or out - head will pull to one side
- Refusal to flex to one side – normally opposite side problem
- Dog will tend to stick its nose out & stretch out stiffly through neck

Located on neck  
½ below poll ...come down 1/3 of neck length from Move 12 starting point  
Classic move in medial direction

13a:          13b:

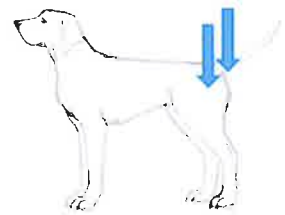
Wait time:

Observations:



## Move 14: Sacrocaudalis Dorsalis Medialis and Lateralis

(Same as Move 5 from RRT)



- Sacrocaudalis Dorsalis medialis
  - Acts to raise tail & assists in lateral flexion
  - Arises on spinous process of L7 & extends to last caudal vertebra – innervated by N. gluteus caudalis
- Sacrocaudalis Dorsalis lateralis
  - Acts to raise tail & assists in lateral flexion
  - Arises from aponeurosis of longissimus & intersects with 16 sperate tendons to each caudal vertebra
  - It's innervated by the plexus caudalis Coccygeus
  - Aids in wagging of tail, supports squatting
- Addresses colic, diarrhea, constipation, reprodcutive & digestive system imbalances
- NEVER perform on pregnant dog
- The tail is the rudder-when it's out of alignment the dog will be off balance..just as when the body is out so is the tail
- Important move for spinal health

14a:

14b:

Wait time:

Observations:

owner noticed leg isn't slipping as much.

Just focused on rear - time constraint of owner.  
~~limited~~