

# Respiratory Procedure

Use after Kidney Move if using both. Not generally done together.

Note:

As with the Kidney Procedure the Respiratory Procedure begins after Move 10 of the WBB.

## The Respiratory Procedure has 3 Moves

**Note:** The Respiratory Procedure may be inserted after Move 10 of WBB or used on its own in an acute situation or as a regular “tune up” for dogs in need of this procedure.

Moves 1, 2

**2 minute WAIT**

Move 10

**2 minute WAIT**

Respiratory Move 1

**2 minute WAIT**

Respiratory Moves 2 and 3

**2 minute Wait**

Continue Tx if necessary

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*All Procedures are best used on the  
second or third session unless  
emergency work is needed*

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# Respiratory Procedure

## **Addresses:**

- Wobblers syndrome especially Moves 1 and 2 of RP, as can be an area of trauma in Wobblers.
- Contains the emergency Move for shock and diaphragm release
- Subluxations of the thoracic spine
- Atrophy of the withers
- Can aid with Move 9 and 11 for extension in shoulders
- Heart and Kidney problems may respond to this
- Affects stomach – trapezius is the reflex muscle for stomach. Move 2 in RP is indicated in sluggish digestion
- Stomach problems, acid in the gut
- Addresses general tightening in the shoulders and loss of free scapular action
- Loss of power through the shoulders, mobility, coordination and extension of front end.
- These may show up as hind end problems
- Problems from falls, knocks and resulting in subluxations in wither area.
- Helpful for dogs that use harnesses for walks, impinging on the scapula
- Moves 1 and 2 of RP will help with acute abdomen and digestive problems
- Bronchitis, asthma
- Breathing distress
- Used effectively immediately after anesthesia
- Move 5 of RP – respiratory arrest
- Birth traumas

# Respiratory Procedure

Prerequisites:

Insertion of Move 1 and 2 of WBB

Move 1 WBB - Longissimus Dorsi

- Sedates the Nervous System and thereby the body.
- Tells the body "The emergency is over".
- On the bladder meridian.

Move 2 WBB -Thoracic Trapezius and Thoracic Rhomboids

- Directly above the Lung/Heart area.
- RHS moves of #2 addresses acid levels in the stomach.
- Addresses peristaltic action in upper digestive tract

**2 minute WAIT**

Move 10 WBB - Longissimus/Latissimuss Dorsi

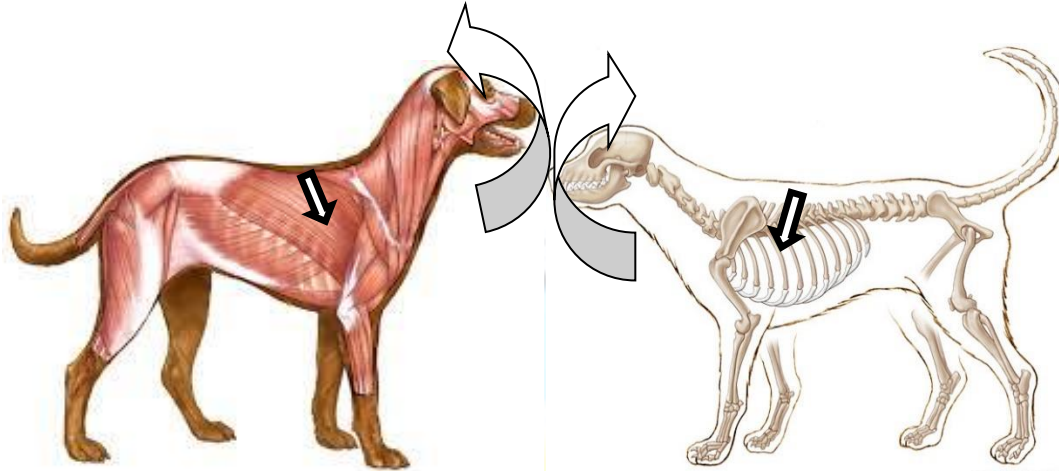
- In this instance is working on the Lung reflex
- Thoracic spine to help with subluxation
- Costalis and intercostales – muscles attached to the sternum which have an effect on inspiration and expiration

2 minute Wait

# Respiratory Procedure

The position of Move 1 RP is between Move 2b and 2d on RHS  
And between Move 2a and 2c on LHS. These are the “Energy Holders”.

## **Move 1 Respiratory Procedure (same application as Kidney Move)**



This is a thumb (Roll Out) Move between the spinal process and the edge of the Longissimus Dorsi in the lumbar region.

Make a lateral move at an angle of 35 degrees cranially away from the spine.

LHS - Standing on LHS with dog's head flexed comfortably towards you (without tension), perform the Move on right side of dog.

RHS - Stay on LHS with dogs head flexed comfortably away from you (without tension), perform the Move on left side of dog.

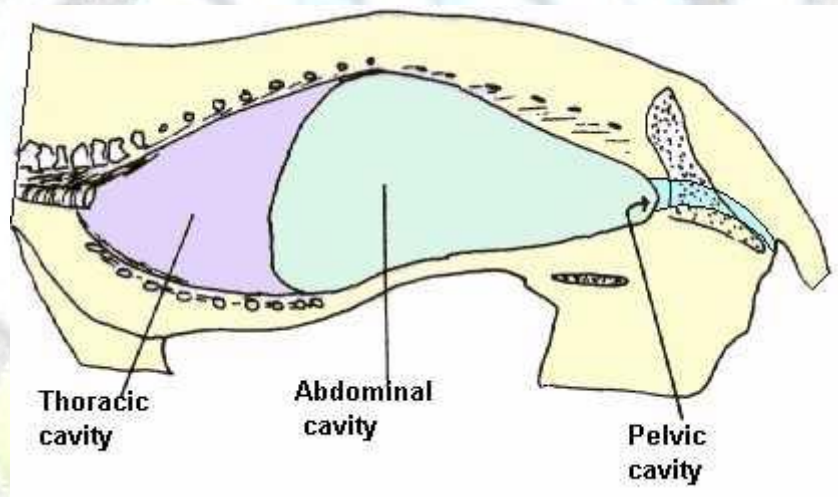
**Option 1** Practitioner brings head around.

**Option 2** Family member assists to bring head around at spine level. (guide family member to be gentle). Food may be used to encourage the dog into proper head flexion.

# Respiratory Procedure

## **Move 1 Respiratory Procedure – Remedial aspect**

- On its own Move 1 RP addresses an activation of the lung and heart response
- Wobblers syndrome
- Assists shoulder range of motion
- It is a deep activation Move so must always be performed between the “Energy Holders”
- Sends energy into the pleural cavity (thoracic/chest cavity)

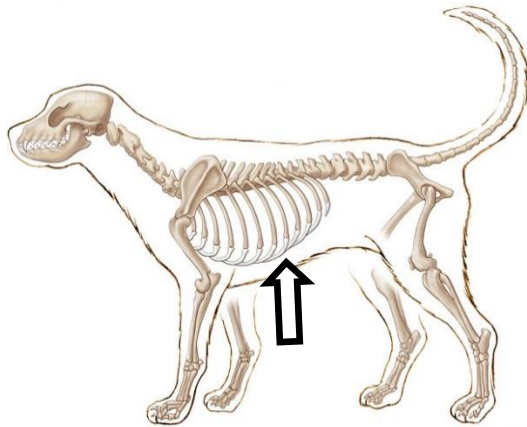


2 minute Wait

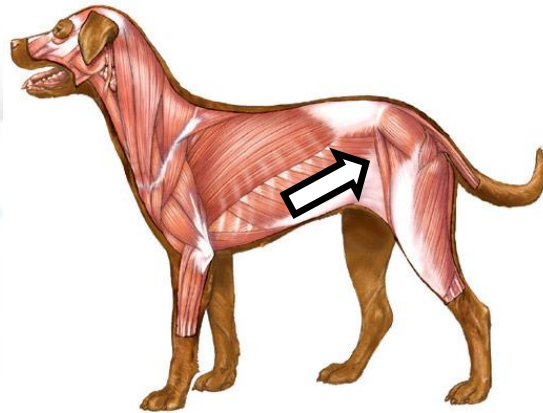


# Respiratory Procedure

**Move 2 RP** has a holding point and a Move – perform LHS then RHS



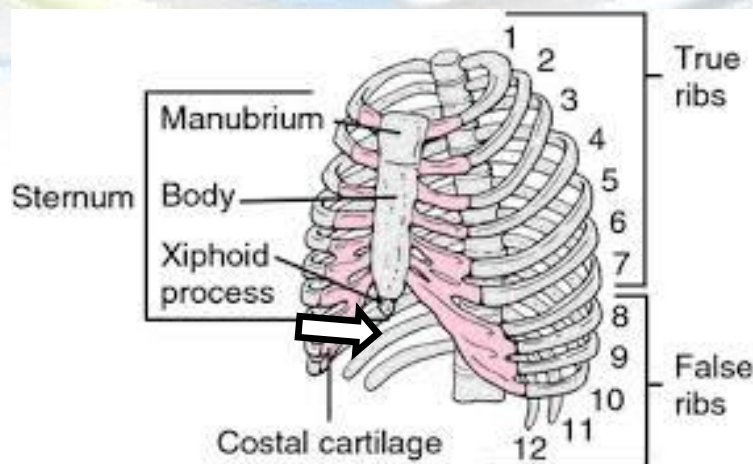
Holding point



Move

## **Holding Point**

Standing on the LHS facing the hind end, hold the holding point with the left hand index and middle finger  $\frac{1}{2}$  inch below the base of the xyphoid process on the abdomen, while Move 2 RP is performed



# Respiratory Procedure

## **Move 2 RP (LHS)**

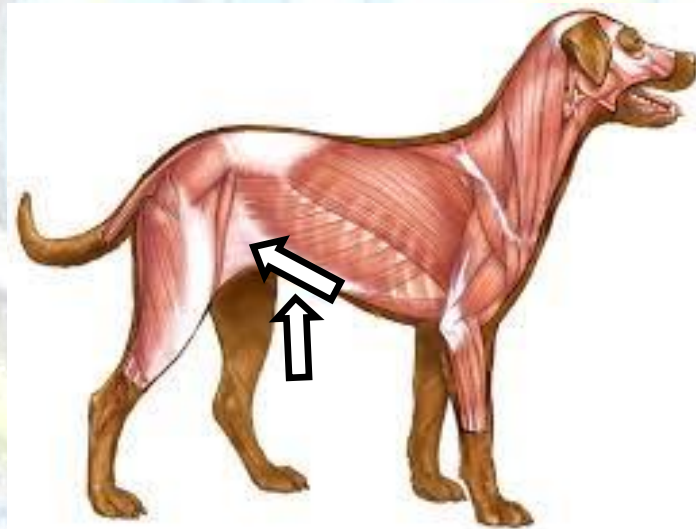
- LH index and middle finger on holding point acts as a physical blocker
- This holding point is on the solar plexus. It may be tight and quite touchy. Heart/Lung area for grief and sadness
- Move 2 is on the soft tissue medial of the rib cage approx.  $\frac{1}{2}$  way along the Costal Arch (bottom edge of rib cage) from the xiphoid process to the last rib
- Hold for 3-5 seconds and then make a caudal move after an out breath

This Move works on the spleen (LHS) and the liver (RHS)

Dogs with digestive problems and toxic livers may benefit from this Move

In Chinese medicine Liver is the organ of anger and Spleen is the organ of worry

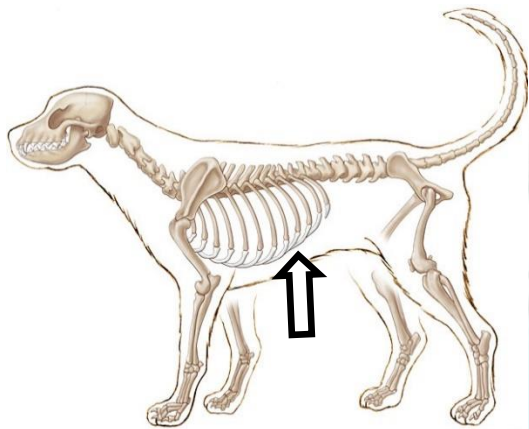
## **Repeat on RHS**



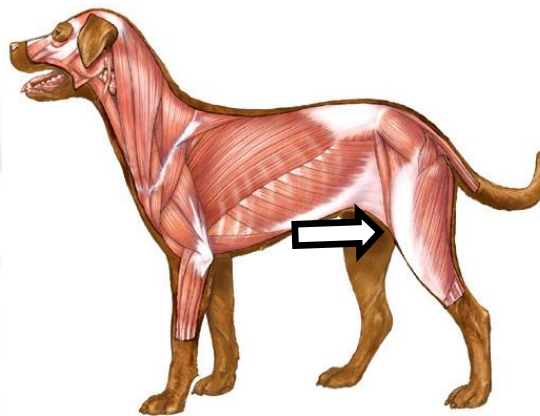
**2 minute Wait**

# Respiratory Procedure

**Move 3 RP** begins at the holding point of Move 2 RP and uses a caudal 'Tiny Classi Roll'. A single Move is performed from the LHS.



Begins at holding point of Move 2RP



Tiny Classic Roll

**Be aware:** in an emergency situation of **acute abdomen** or **respiratory distress** – this could be a very tight or tender area. Be aware of an animal in distress or pain. Be very gentle.

- Move 3 RP is one of the few Moves where we try to synchronize with the dogs out breath for full relaxation to occur in the diaphragm
- Many nerve and lymphatic connections are found at this point

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## **Bonus Thinking**

*The more severe the trauma the more waits are inserted and the longer the waits and holds are. This gives time for the body to receive the signals of the upcoming change initiated by the Move*

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