As this journey of Animal Bowen Therapy begins to unfold, you will come to a clear understanding that everything is connected to everything.

On every level and in every sense of your being, you will experience in a clear, awe-inspiring way that there is no separation between science, nature, you, and all animals.

…and in the deepest sense, you will experience what it means to team up with an animal, no matter what the species.

They will change the way you walk through life.

…and you will change the way they walk through theirs.

Welcome, and enjoy the journey.

With passion and dedication,

Debi Famelos

The Beauty of Animal Bowen Therapy

Unlike many techniques or therapies for animals, Animal Bowen Therapy(ABT) has the built-in luxury to travel with you wherever you go without the need of equipment.

It's all in your heart and in your hands.

ABT doesn't need a secluded, quiet space to work in nor does it necessarily need a given length of time to heed positive results.

ABT has the built-in intelligence to address all systems in the body, leaving you with peace of mind and confidence that

All is taken care of.

Take it with you wherever you go and know for certain that you are improving the lives of animals.

California

Roatan, Honduras

A few reminders about Animal Bowen Therapy

Whether you are here at Level 1 as a Human or Equine Bowen Practitioner, or arrived here through Response5 with no previous experience, there are several things to keep in mind:

1. Always approach an animal with respect
2. Be aware of the animals' body language
3. Be light with your hands
4. Remember the importance of the WAITS
5. Never leave an animal alone
6. Honour the needs of the animal
7. When you honour their individual needs, they join up with you and together you become a TEAM
8. Include the animals' family members to be a part of the process
9. Never Diagnose
10. Stay true to the essence of Animal Bowen Therapy
11. ALL FOURS ON THE FLOOR.

~ Light Touch ~ Calm Approach ~ Respect ~

The Bowen Connection to Innate Intelligence

Bowen's philosophy acknowledges the innate intelligence within all living things. In humans and animals, this intelligence utilizes the brain and nervous system as its vehicle and is responsible for orchestrating all other systems and processes in the body. When there is no interference to the flow of this innate intelligence, living beings are able to grow, learn, heal, and thrive from the inside out.

So what is Innate Intelligence?

Innate intelligence is the intelligence wired into all animals, which governs every single act in the body. Every single chemical reaction, every tissue formation, and every bacterial invasion that is fought off, is controlled and coordinated by this innate intelligence. Every living thing has an innate intelligence. That is what causes a Maple tree, an Oak tree, and a bright red pepper to all grow out of a little seed. It is also what causes a dog, a lion, and an elephant to all form from a single celled organism. It is the innate intelligence in each one of those plants and animals that causes them to be what they become.

An animal's innate intelligence is activated when the sperm and egg come together. This is when LIFE begins and when DNA is formed. Deoxyribonucleic acid (DNA) is a molecule that encodes the genetic instructions used in the development and functioning of all known living organisms. DNA is a major component of an animal's innate intelligence. The newly activated innate intelligence transforms an animal from a one-celled organism into a 60 trillion-celled organism with all sorts of highly complex organs, muscles and bone structures.

~How did that single celled organism know what to do with itself and know which types of cells to form next as it was dividing?

~How did that rapidly developing organism know to form a kidney in one place, a femur bone in another place, and a set of lungs somewhere else?

It's innate intelligence that governed all of those developments, and that same intelligence is still governing them today. The same intelligence that forms all living beings is also able to heal all living beings.

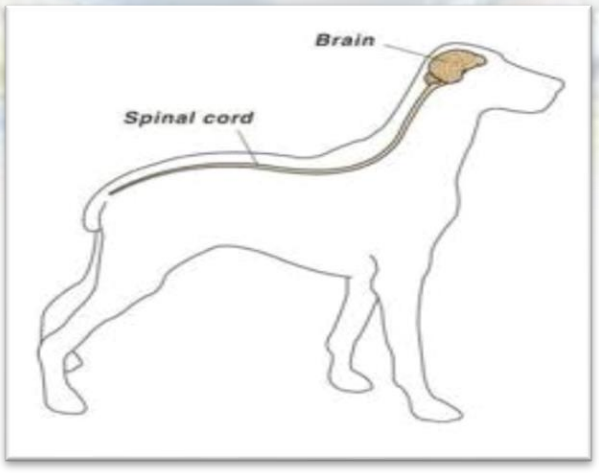
Though innate intelligence is in every cell of the body, it has a central headquarters in the brain and spinal cord.

The nervous system is the communication network for innate intelligence. The brain and spinal cord or the Central Nervous System (CNS) sends and receives signals from the nerves out in the body or the Peripheral Nervous System (PNS). It is vitally important for the body parts to always remain plugged into the innate intelligence network so that they can be properly governed as they are reforming and healing from injuries, and as they are performing their specific tasks.

If a body part loses communication with that network, it will begin to lose its proper function and not be in sync with the rest of the body. This will cause it to become weaker and weaker, and more susceptible to breakdown because it isn't healing and reforming properly. The way for that body part to stay plugged into that network is through the nervous system.

The nerves that are attached to that body part need to properly relay their signals through the PNS all the way up to the innate intelligence headquarters contained in the CNS. That information pathway travels from the brain to the spinal cord, and then out a small space between two vertebrae in the form of a nerve, which takes the signal all the way to its destination. If that network is disrupted at any point along its path, the signal will be distorted or even lost.

http://lifeperformancechiro.com/articles/what-is-innate-intelligence/



The Nervous System and the Dog

The nervous system is made up of the brain, spinal cord, and various kinds of nerves that are found throughout the body. These create complex circuits through which animals' experience and respond to sensations.

A familiar type of nervous system circuit is a reflex. Reflexes are simple networks found in the nervous system of all animals. For example, when the eyelid is touched, it closes; when the hair between the toes is tickled, the foot pulls away "automatically."

Many different types of diseases can affect the nervous system, including birth defects, infections, inflammatory conditions, poisoning, metabolic disorders, nutritional disorders, injuries, degenerative diseases, or cancer. Neurologic diseases are often more common in a particular breed or sex, or tend to occur at a certain age.

The nerve system is imperative for the dog, since it is responsible for knowing the environment around the dog as well as identifying and controlling everything that goes on inside the body. When a dog suffers from a disease that affects the nervous system, a wide range of symptoms can appear. It can be difficult for the veterinarian to deliver a definite diagnosis without extensive testing since a lot of diseases and conditions that affect the nervous system of a dog create similar symptoms.

Just as in a human being, the nervous system of the dog is responsible for muscle coordination, organ monitoring, and action initiation. The nervous system will also construct and stop input from the dog's senses.

The central nervous system consists of the brain and the spinal cord, while the nerve tissue in the rest of the dog's body belongs to the peripheral nervous system.

In the central nervous system, you will find the brain and the spinal cord. The spinal cord has two major tasks: it transmits information to and from the brain, and it handles reflex actions. If the dog suffers from a health problem that affects the spinal cord, it can develop problems with its reflexes. If you take a look at a healthy dog, you will notice a wide range of reflex-actions. The dog will twitch its ears when it tries to identify a specific sound, it will blink if something is irritating the eye, all the hair on its body will stand up in certain situations, and so on.

The peripheral nervous system partly consists of sensory fibers and motor neurons, which together form what we call nerves. A nerve is accordingly a bundle consisting of both sensory fibres and motor neurons.

A system as intricate as the dog's nervous system is naturally susceptible to a wide range of health problems.

- Some disorders are hereditary.

- In other situations, a puppy is born with a nervous system disease without having inherited from its parents.

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- Some nervous system deficits are acquired by diseases. Tick paralysis is a disease caused by a neurotoxin present in the saliva of female ticks from certain species, as well as the well-known rabies virus.

- Most are acquired through Life's vigorous wear and tear!

A complex, yet fascinating system!

Tom Bowen's gift to all living beings is his discovery of how to tap into this extraordinary innate intelligence.

…and now you are a part of this incredible discovery.

Use it with gentleness, respect and always with a sense of honour.

Neuroanatomy: the structure of the nervous system

To learn how the nervous system functions, you must learn how the nervous system is put together.

The nervous system can be divided into several connected systems that function together. Let's start with a simple division:

The nervous system is divided into the central nervous system and peripheral nervous system.

Let's break the central nervous system and the peripheral nervous system into more parts…

The brain and the spinal cord make up the Central Nervous System (CNS). Its main job is to get the information from the body and send out instructions.

Brain & Spinal Cord

The brain keeps the body in order. It helps to control all the body systems and organs, keeping them working like they should. The brain allows the animal to think, feel and remember.
The brain communicates with the rest of the body through the spinal cord and the nerves. They tell the brain what is going on in the body at all times. This system also gives instructions to all parts of the body about what to do and when to do it.

Spinal Cord

Nerves divide many times as they leave the spinal cord so that they may reach all parts of the body. The thickest nerve is 1 inch thick and the thinnest is thinner than a human hair. Each nerve is a bundle of hundreds or thousands of neurons (nerve cells). The spinal cord runs down a tunnel of holes in your backbone or spine. The bones protect it from damage. The cord is a thick bundle of nerves, connecting the brain to the rest of the body.

The Peripheral Nervous System is made up of all the nerves and the wiring. This system sends the messages from the brain to the rest of the body and is divided into two main systems: the somatic nervous system and the autonomic nervous system. The somatic nervous system consists of peripheral nerve fibres that send sensory information to the central nervous system AND motor nerve fibres that project to skeletal muscle.

The autonomic nervous system is divided into three parts: the sympathetic nervous system, the parasympathetic nervous system and the enteric nervous system. The autonomic nervous system controls smooth muscle of the viscera (internal organs) and glands.

Sympathetic Nervous System

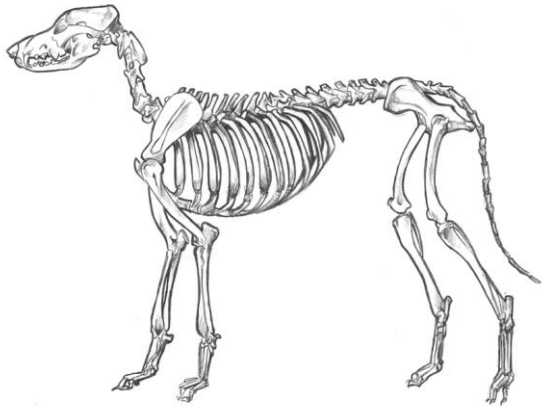
The sympathetic nerves originate in the vertebrate column beginning in the first thoracic segment of the spinal cord, extending up until the second or the third lumbar segments. The main function of the sympathetic nervous system is to mobilize the body's response under stressful circumstances. Thus, the sympathetic nervous system initializes the 'fight or flight' response of the body. The sympathetic system innervates many different organs of the body, such as the eyes, lungs, kidneys, gastrointestinal tract, heart, etc. It causes an increase in the heart rate and in the rate of secretions. It also increases the secretion of renin from the kidneys. There is also stimulation of release of glucose from the liver, which is released into the blood as to make it available for use by the body.

Parasympathetic Nervous System

This is the part of the autonomic nervous system that is responsible for the 'rest and digest' phase of the body. The nerves of this system send fibres to cardiac muscles, smooth muscles and to glandular tissue. The parasympathetic nervous system is responsible for bringing about an increase in salivation, tear production, urination, digestion and defecation. The basic parasympathetic system involves functions and actions which do not require an immediate reaction in the surrounding.

The Enteric Nervous System is a third division of the autonomic nervous system that you do not hear much about. The enteric nervous system is a meshwork of nerve fibres that innervate the viscera (gastrointestinal tract, pancreas, gall bladder).

What Is the Skeleton?



The skeleton is the bony framework of the body that is present in all vertebrate animals. It consists of bones, ligaments, and cartilage. The skeleton is composed of the hard tissues of the body, and its primary functions are to support the body, to provide a system of levers used in locomotion, to protect the soft organs of the body, and to produce red blood cells (hematopoiesis).

A dog's skeleton is formed so the dog can run fast, hunt and chase. For example, a dog's shoulder blades are not tightly connected to its skeleton, so the dog has potential for greater motion and flexibility.

What Is the General Structure of the Skeleton?

The skeleton is composed of three skeletal subunits:

- Appendicular skeleton – the bones of the limbs
- Axial skeleton – the bones of the skull, spine, ribs and sternum
- Visceral skeleton – bone that forms part of an organ (such as the middle ear ossicles)

The skeleton consists of bones that may be classified according to shape:

• Long bones are found in the limbs.

• Short bones are confined to the wrist (carpus, metacarpus) and ankle (tarsus, metatarsus) regions.

• Sesamoid bones are present near freely moving joints, such as the wrist and the knee (stifle).

• Flat bones are found in the pelvis where they provide for the attachment of muscles and long bones, and in the head where they surround and protect the eye, ear, sinuses, and brain.

• Irregular bones include the vertebral column, all bones of the skull that are not of the flat type, and three parts of the hip bone.

What Are the Functions of the Skeleton?

The skeleton serves four functions:

• Bones support and protect the body.

• Bones serve as levers for muscular action.

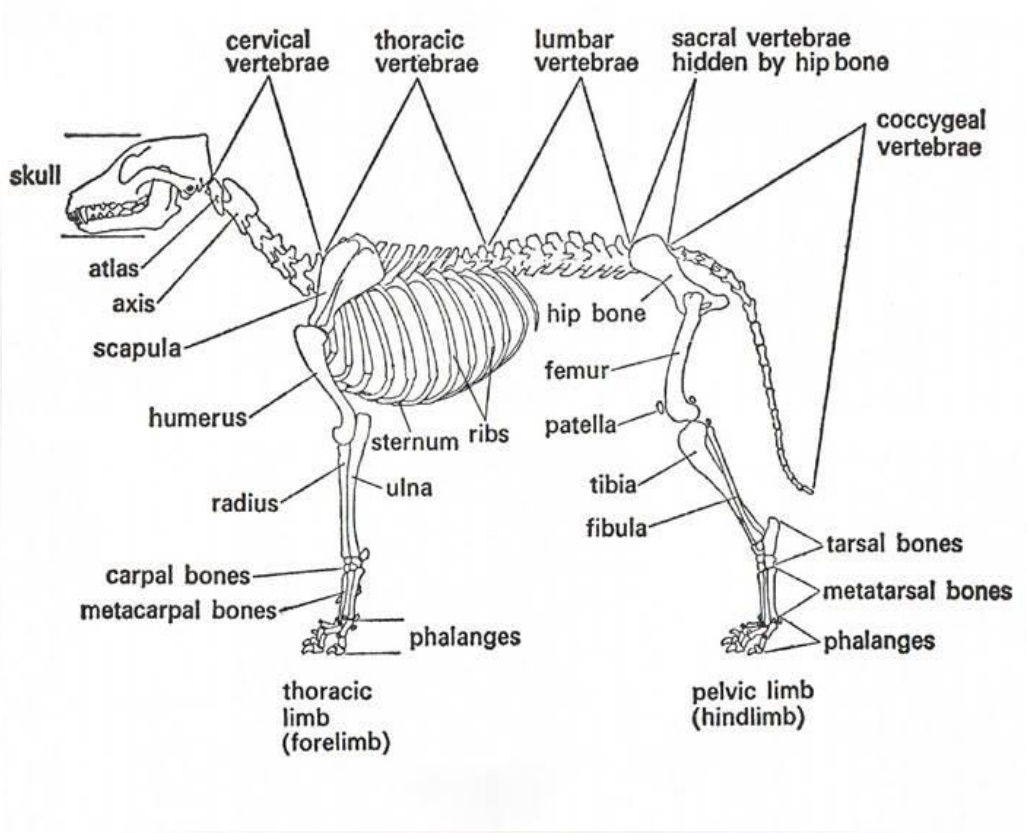
• Bones serve as a storehouse for calcium and phosphorus, and many other elements.

• Bones serve as a factory for red blood cells and for several kinds of white blood cells. In the normal adult dog, it also stores fat.

Dog Skeleton Facts

No other species has such a wide variety of bones than dogs. Even though a Chihuahua has the same number of bones as that of a Great Dan, the shape and size of the bones will vary to a great extent.

Even though the shape and size of bones change from one breed to another the number of bones remains the same, 318 (excluding the tail bone).



Vertebrae

Dog ~ C7-T13-L7-S3-1-26 coccygeal

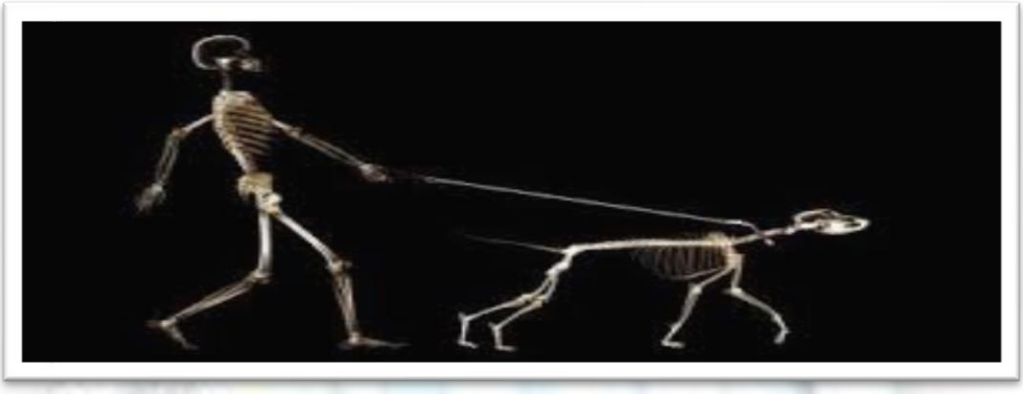
Cat ~ Same

Horse ~ C7-T18-L6-S5

Human ~ C8-T12-L6-S5-1 coccygeal

Animal Bowen Therapy has its own kind of finesse

Just as there are clear differences between humans and animals, the same is true for Human and Animal Bowen.



Human Bowen	Animal Bowen
You ask, "Please lay down" and they do	You ask, "Please lay down" and they don't
You ask "Why did you come here?" and they give you a detailed story of their grief.	Their family member will give you a version of the story, but you need to use your eyes and hands to "hear" the animals' story.
The human will tell you how effective Bowen is	The animal will show you how effective Bowen is.
The human shows up with expectations	The animal just shows up, no placebo effect!
The human is a willing participant	Not always the immediate case
The relationship is: Client/ Practitioner	The relationship is a "TEAM"

Teaming up with a Dog

Honing the skills of Animal Bowen Therapy is one thing, combining these skills with Dog Psychology is a whole other component to your success as an Animal Bowen Therapy Practitioner.

My journey makes your journey stronger

Everything begins with an intention.
It becomes a reality when you never change the goal.

...and so, it is with this chapter of learning in my life.

My intention to walk alongside Cesar at his Dog Psychology Center began several years ago as I stepped into the professional world of dogs.
Cesar as I now clearly know and only thought I knew before: is a highly instinctual, incredibly dedicated man.
His compassion, determination and natural way of completing each and every intention, is nothing less than a pure example of how to "BE".

The reason for this journey?
To expand. To share. To create a better world for each and every dog that comes my way.
To take all that is best and right and true in the dogs' natural world and bring it into the world of Animal Bowen Therapy.
This journey was exhilarating, inspiring and life changing.

…and I share it with you!

Energy ~ Ours and Theirs

Dogs (all animals) live by the law of ENERGY.

When the energy is calm, non-threatening and respectful… all is well! This calm, non-threatening energy is what allows animals to live peacefully amongst a variety of other species.

Our Role as an ABT Practitioner is much different than being a dog's friend, which is often a form of excitable and playful energy.
We must present our selves as calm, non-threatening leaders.

One of the treasures of ABT is the opportunity to become fully aware of this exchange of calm, respectful energy.

How to greet a dog (animal) as an ABT Practitioner:

1. **Upon greeting** – happily ignore. Place your attention on the family member while quietly observing the nature of the dog.

2. **Shy dogs** – give **NO ATTENTION**. A shy dog will need ignoring and more time to settle and will most likely need some family support to begin.

3. **Curious Dogs** – Can give **SOME ATTENTION**. A curious dog will sniff and continue to sniff the surrounding area and will eventually settle near the family or may come and sit with you.

4. **Over zealous dogs** – **GIVE DIRECTION WHILE IGNORING**. May need physical blocking, firm ignoring and assistance from family to settle. These dogs need time to settle and will need slow purposeful entry into their personal space.

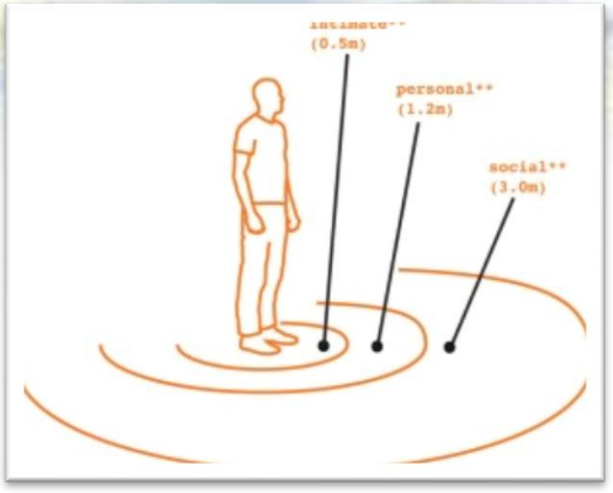
5. Allowing time before we approach an animal creates an opportunity to observe their nature and allows them to observe ours. -**THIS IS WHERE RESPECT BEGINS!**

Entering Personal Space

We all have a personal space zone. Some of us need more space than others.

Dogs also have their personal space zone. Some of them require more space as well.

When teaming up with an animal for an ABT session, it is essential to be aware of each other's personal space. Ultimately, we need to be in each other's intimate space. It's all about respect!



Creating intimate space

Long before we enter their intimate space we have already observed their nature:

Shy, curious, over zealous,

They may also be guarded about being touched in certain areas of their body and this can cause fear and sometimes mild aggression.

- Take their nature into account before you approach.
- Direct eye contact can be a threat or an opportunity to be overly friendly.
- Direct posture can be a threat, approach slowly and come towards using a side angle not directly facing forward.
- Sudden movement can be a threat
- Asking them to come to you can be intimidating.
- Approaching from behind can be intimidating.
- Stepping over them? NEVER!
- Approaching them when they are in a corner? NEVER!
- Always respect their process time.
- Encourage them to continue with the session.

Assessing a dog with your hands

Having your hands on a dog to assess their body tension, lumps, subluxations and responses, is an excellent way to create their body "story".

The lighter you are with your hands the more sensitive you become: more information comes your way. Gentle stroking is all that is needed.

Feeling for issues

This assessment and all hands-on assessments can be done in a very casual way as you are speaking with the family member. It's a wonderful way to introduce your calm energy to the dog while entering their personal space.

Feel the entire length of the body

Feel for under or over developed muscles

Feel for lumps

Feel for heat

Feel for tension

Always point out any findings to the family

Spine Crawl

This assessment is carried out with the fingers in a tripod, the index finger following the spine with the thumb following one side and the other fingers following the other side.

This assessment is slow and gentle. At a slow pace you will feel subluxations, a roached back, thickenings, spasms. Feel for bounce of spine and for any tight or spongy spots alongside the spine.

Keep note of the dogs' breath changing ~ an indicator of pain: a response for you to note.

_____

_____

_____

Shimmer Slide

This tension assessment has your index and middle finger (together) sliding gently across the skin from the shoulder to hip.

Begin approx. two inches down from left side of spine, glide across the skin from shoulder to hip and watch for areas where the fur gets "stuck".

Do the same on the right side. The "stuck" areas may be different from side to side.

_____

_____

_____

_____

Visual Assessments

10 ways to visually assess a dog:

- Roached (curved) back
- Tail position
- Muscle atrophy
- Uneven gait
- Ease of getting up and down
- Weight bearing
- Head position (low or tilted to one side)
- Uneven hips
- Fur condition
- Placement of limbs while standing

Why is it important to strengthen your skills of "seeing" the dog?

Gives you a clear starting point before each session

To determine the mobility story

To compare before and after.

When is the best time to visually assess the dog?

Every second you are with the dog! Upon arrival, during the session, upon leaving.

Share your visual skills openly with the family. The more the "see" the more connected they are to the process.

Lameness Scale –

0 to 5

You will deal with lameness on a regular basis in your Practice.

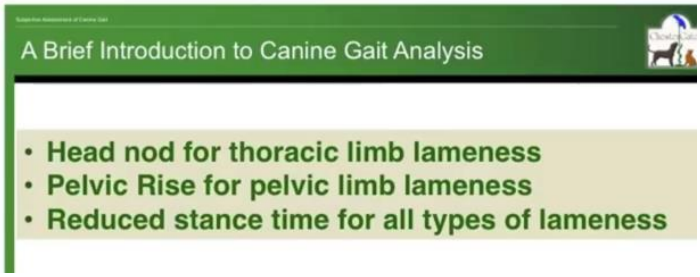
- 0- Lameness not noted under any circumstance
- 1- Lameness difficult to observe, not consistently apparent
- 2- Lameness difficult to observe at a walk or when trotting in a straight line but shows up under certain circumstances
- 3- Lameness shows up consistently in a trot in all circumstances
- 4- Lameness is obvious at a walk
- 5- Lameness produces minimal weight bearing in motion and at rest

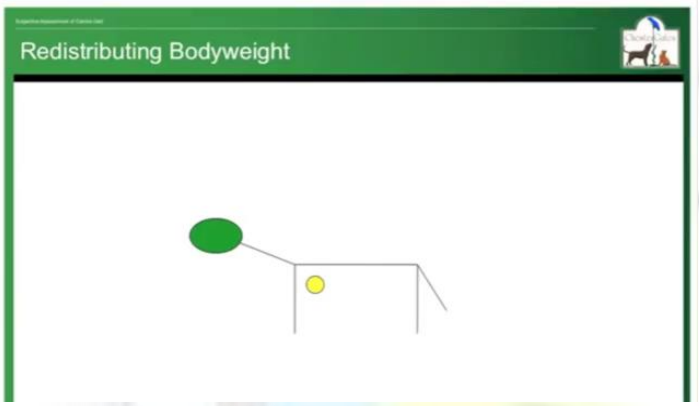
The Lameness Scale is an excellent guide for you to use during each stage of the Animal Bowen Therapy process. It gives you the opportunity to see the dog in motion at different gait speeds: standing, walking, trotting.

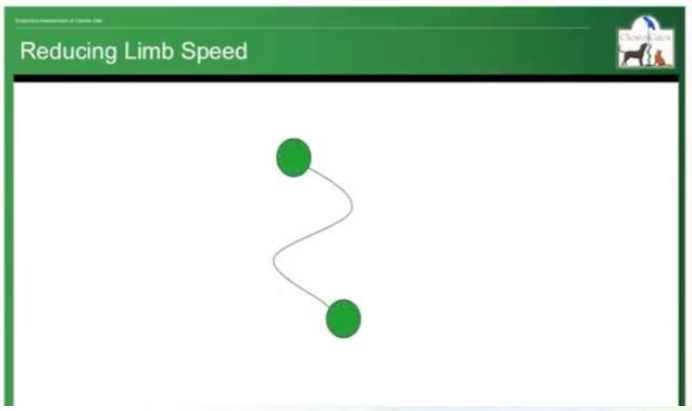
You will begin to see that various levels of lameness move the body in many different ways...

furthering your knowledge on how to treat the condition.

Head Bobbing and Weight Transferring







Youtube:

Introduction to Canine Lameness – Ben Walton

https://www.youtube.com/watch?v=E3Sf9eS-FJ0

Clinical Examination of the Loco motor System

http://cal.vet.upenn.edu/projects/saortho/chapter_91/91mast.htm

As a quadruped, the dog has the ability to spare an injured joint or sore leg in such a way that the abnormality may be almost unnoticeable; the ability to shift the center of mass in an attempt to decrease weight bearing to any limb is remarkable. The use of the force plate has shown dramatically how easily the clinician can be misled regarding forelimb and hind limb weight-bearing modes.

It is possible for a dog to move from a sitting to a standing position and begin walking without touching its hind limbs to the ground. Although this represents an extreme shift of weight, all the intermediate patterns can occur. Dogs with subtle gait changes or lameness may exhibit these signs only to their owners or handlers who notice the change in the dog's gait.

The wide variation of breeds and gaits within the same breed may make it difficult for a clinician to diagnose an abnormality in any individual dog. Therefore when examining an animal's locomotive system, the anamnesis is very important. The owner or handler may be able to describe his impression of the dog's problem quite accurately. It is important to know the duration of the dog's problem, if the onset was acute or chronic, and if the condition is improving or deteriorating.

Sometimes dogs with a disability will show discomfort only by shifting their gait from a trot to a pace. The owner may be unaware of the problem or fail to recognize that the dog is pacing; thus the owner's knowledge of the animal's normal gait is contrasted to the dog's signs at the time of examination.

Examination of the dog's locomotive system includes observation before physical examination and manipulation, since this may change the gait pattern. The dog should be examined or observed from the front, back, both sides, and in at least two gaits. The walk may sometimes demonstrate the involved leg, but often the trot is necessary, since it increases the vertical force on the legs by about twofold.

Severe lameness is not difficult to diagnose. If the lameness is in the front leg, the dog will shorten the length of time that the sore leg is on the ground and at the same time remove the weight from this leg by raising its head and neck. The normal leg will have a protracted stance phase and may have a longer stride length than the injured leg. Instead of the head bobbing down with each stroke

of the leg, it will rise during the stance phase of the sore limb and lower when the normal limb contacts the ground. This is an effort to shift the weight to the back legs and to relieve weight on the injured leg. The back legs may also be carried further under the body to receive weight that is shifted from the front. The limp will usually be more exaggerated at a trot than at a walk.

If the lameness is in the hind limb, the dog will extend and lower the head to transfer weight to the forelimbs. When the hind leg is placed on the ground, the dog may exaggerate the downward motion of the head and neck to lessen weight on the hind limbs.

The tail will also be an indication of lameness in the hind limbs: rather than swinging from side to side as in the normal dog, it will move up and down with the up motion occurring when the injured extremity contacts the ground. This again lessens the weight on the particular extremity.

A dog with hind leg lameness will carry the front legs further back under the center of mass, thus removing weight from the injured leg almost completely with little noticeable head bob.

Lameness in the Dog

http://www.petmd.com/dog/conditions/musculoskeletal/c_dg_lameness#.UgzyiY7D-Uk

Disorder of the Gait in Dogs

- Lameness is a clinical sign of a more severe disorder that results in a disturbance in the gait and the ability to move the body about, typically in response to pain, injury, or abnormal anatomy.

Symptoms and Types

- Lameness may involve one or more limbs and varies in severity from subtle pain or tenderness to an inability to place any weight on the limb (i.e., carrying the leg). If only one forelimb is involved, the head and neck move upward when the affected limb is placed on the ground and drops when the unaffected limb bears weight. Meanwhile, if only one hind limb is involved, the pelvis drops when affected leg bears weight, rises when weight

is lifted. And if both hind limbs are involved, forelimbs are carried lower to shift weight forward. In addition, lameness may become worse after strenuous activity or alleviate with rest.

Other signs and symptoms associated with lameness include:

- Pain
- Decreased range of motion
- Loss of muscle mass (muscle atrophy)
- Abnormal posture when standing, getting up, lying down, or sitting
- Abnormal gait when walking, trotting, climbing stairs, or doing figure-eights
- Nervous system signs — confusion, trembling, etc.
- Bones and/or joints may be abnormal in size, shape
- Grating sound with joint movement

Causes

Forelimb lameness in growing dogs that are less than 12 months of age

- Osteochondrosis of the shoulder — from a group of orthopedic diseases that occur in rapidly growing animals
- Shoulder dislocation or partial dislocation of congenital origin
- Osteochondrosis of the elbow
- Ununited anconeal process - a form of elbow dysplasia, an abnormality in the maturation of cells within a tissue
- Fragmented medial coronoid process - degeneration in the elbow
- Elbow incongruity - failure of the bones to grow at the same rate
- Avulsion (tear) or calcification of the flexor muscles of the elbow
- Asymmetric (uneven) growth of the radius and ulna (bones of the foreleg)
- Panosteitis — inflammation of the bones
- Hypertrophic osteodystrophy — a disease characterized by decreased blood flow to the part of the bone adjacent to the joint
- Trauma to the soft tissue, bone, or joint
- Infection – may be local or generalized (systemic)
- Nutritional imbalances
- Congenital abnormalities (present at birth)

Forelimb lameness in mature dogs that are older than 12 months of age

- Degenerative joint disease - progressive and permanent deterioration of joint cartilage
- Bicipital tenosynovitis - inflammation of the tendons of the biceps
- Calcification or mineralization of the supraspinatus or infraspinatus tendon – the rotator cuff muscles
- Contracture of the supraspinatus or infraspinatus muscle – shortening of the muscle's connective tissue due to scarring, paralysis, or spasms
- Soft-tissue or bone cancer – may be primary, or metastatic (cancer that has spread)
- Trauma to the soft tissue, bone, or joint
- Panosteitis – inflammation of the bones
- Polyarthropathies – arthritic and inflammatory diseases of the musculoskeletal system
- Polymyositis - inflammation of the muscle fibers
- Polyneuritis – widespread inflammation of the nerves

Hind limb lameness in growing dogs that are less than 12 months of age

- Hip dysplasia - overgrowth of cells
- Avascular necrosis of the femoral head - Legg-Calvé-Perthes disease, where the ball of the thighbone in the hip doesn't get enough blood, causing the bone to die
- Osteochondritis of stifle - fragments of cartilage or bone have become loose within the knee joint

- Patella luxation - medial or lateral disorder, in which the kneecap dislocates or moves out of its normal location
- Osteochondritis of the hock - fragments of cartilage or bone have become loose within the hock, the joint of the hind leg
- Panosteitis – inflammation of the bones
- Hypertrophic osteodystrophy - a disease characterized by decreased blood flow to the part of the bone adjacent to the joint
- Trauma to the soft tissue, bone, or joint
- Infection – may be local, or generalized (systemic)
- Nutritional imbalances
- Congenital abnormalities (present at birth)

Hind limb lameness in mature dogs that are greater than 12 months of age

- Degenerative joint disease - progressive and permanent deterioration of joint cartilage), secondary to hip dysplasia (abnormal formation of the hip joint)
- Cruciate ligament disease - the tearing of an important ligament in the knee joint
- Avulsion (tearing) of the long digital extensor tendon (the toe extender tendon)
- Soft-tissue or bone cancer – may be primary, or metastatic (cancer that has spread)
- Trauma to the soft tissue, bone, or joint
- Panosteitis – inflammation of the bones
- Polyarthropathies – arthritic and inflammatory diseases of the musculoskeletal system
- Polymyositis - inflammation of the muscle fibers
- Polyneuritis – widespread inflammation of the nerves

Risk Factors

- Breed (size)
- Overweight
- Frequent, strenuous activity

Veterinary Diagnosis

Because there are so many possible causes for lameness, a veterinarian will most likely use differential diagnosis. This process is guided by deeper inspection of the apparent outward symptoms, ruling out each of the more common causes until the correct disorder is settled upon and can be treated appropriately.

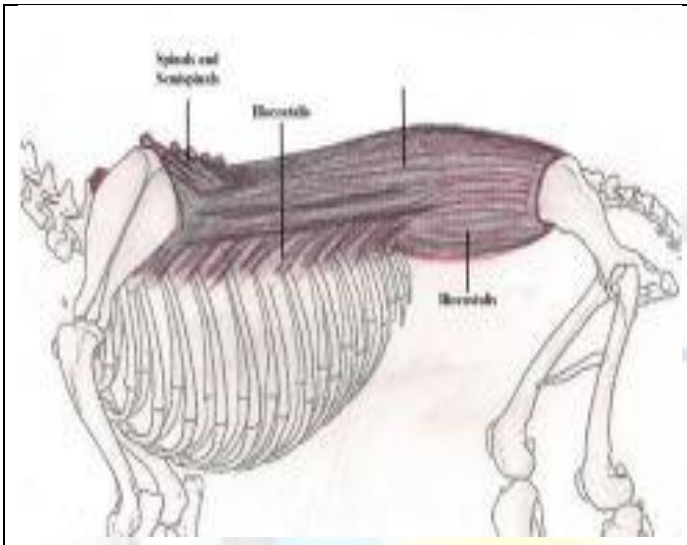
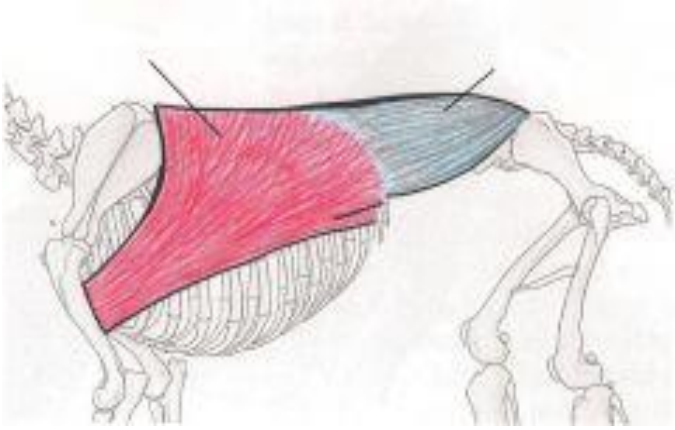
We, as Animal Bowen Therapy Practitioners use our assessment skills to see and feel for mobility issues.

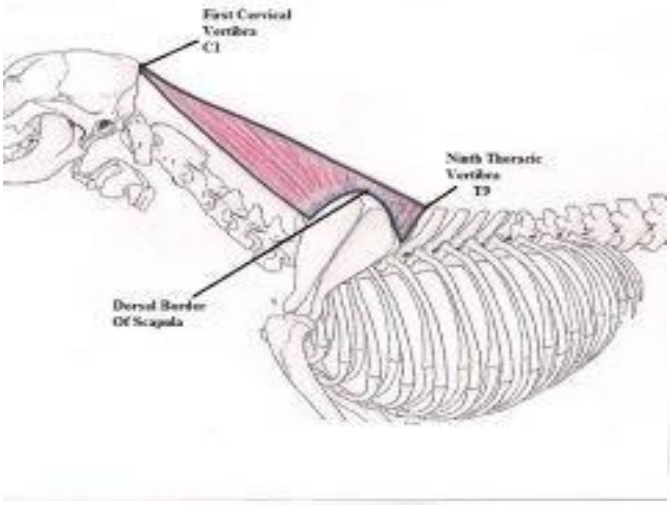
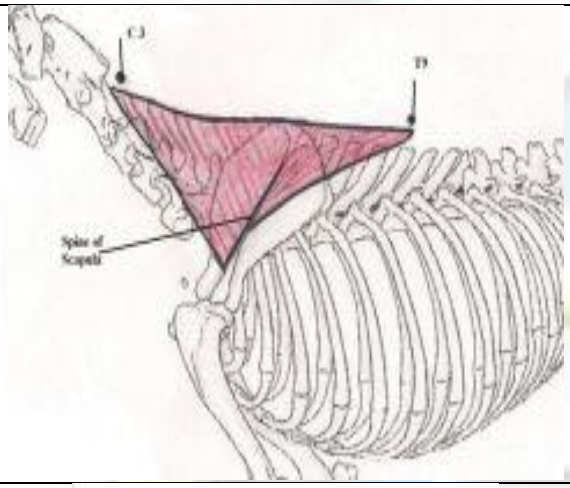
We never diagnose.

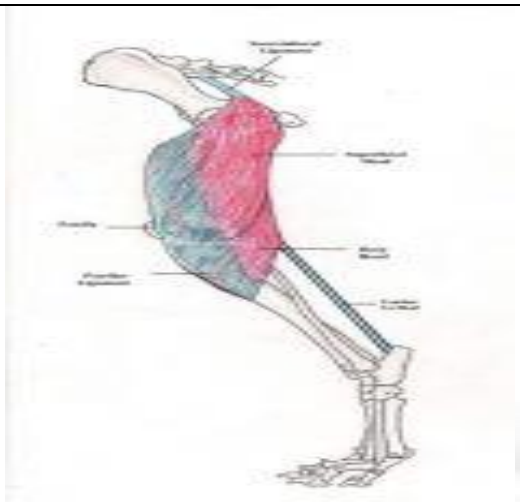
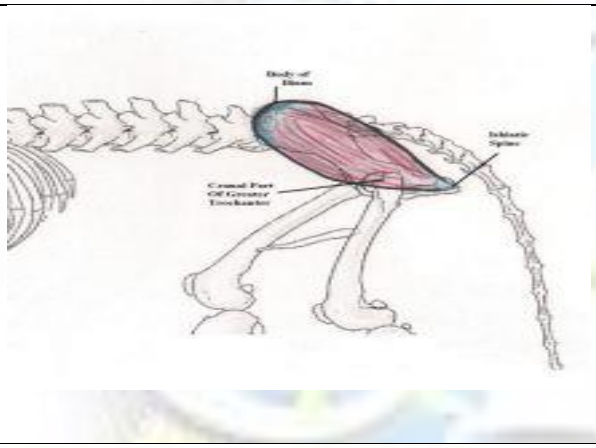
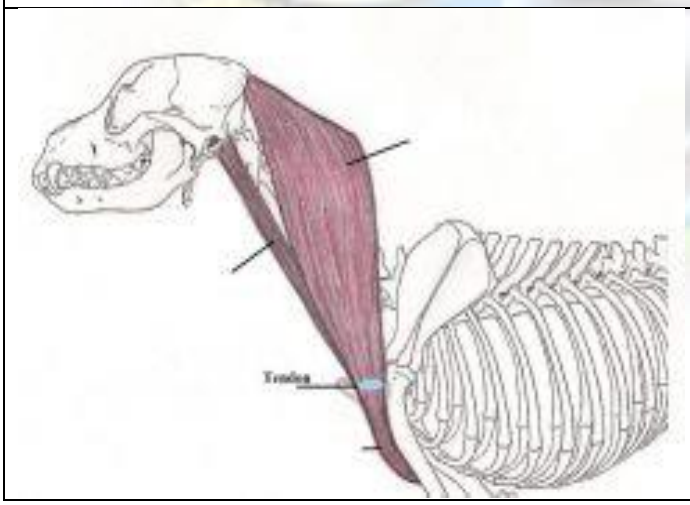
We use these skills to determine our course of action and to evaluate the noted changes throughout the weeks of ABT sessions.

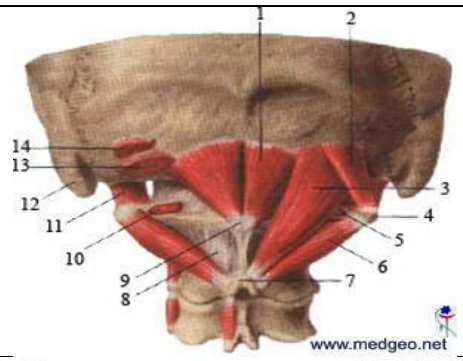
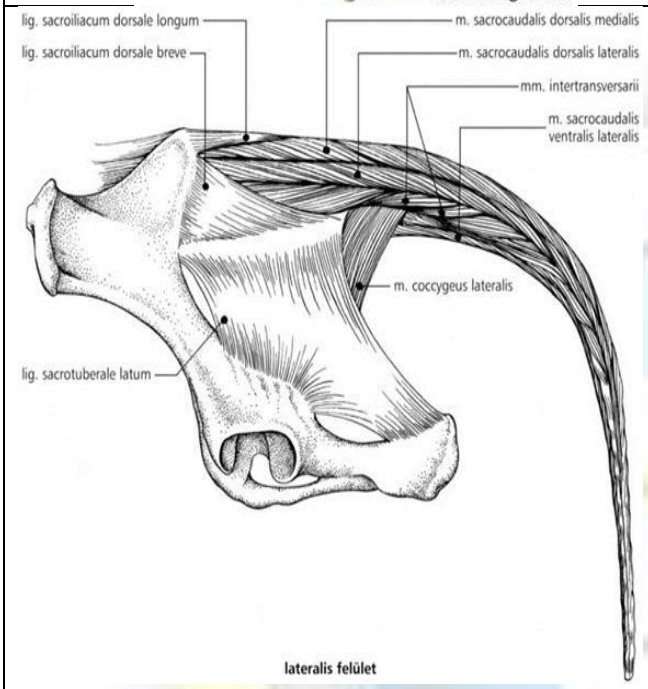
The Muscles Addressed in Whole Body Balance

http://www.flashcardexchange.com/cards/canine-muscle-actions-1712824

	**Moves 1,5, 7, 10** **Longissimus Dorsi Muscle** **Stretches and straightens back and loins, lateral flexion** **Stretch the vertebral column.** **When they contract they will straighten and stabilize the spinal column.** **When the muscle contracts to one side the spine will bend to that side.**
	**Move 2, 8, 10** **Latissimus Dorsi Muscle** **pulls leg backwards** **Its contraction causes the leg to move backwards.** **It also is a contributing muscle to making the leg able to rotate towards the middle.**

	**Move 2, 8, 9** **Rhomboids Muscle** **Draws scapula up, backward and forward and lifts neck** **Pulls the top of the shoulder up, forwards and towards the body** **When the shoulder is still it can lift the neck. One side can only pull the neck to that side.**
	**Move 2, 8, 9, 13** **Trapezius Muscle** **Draws scapula up, backward and forward and lifts neck** **The Trapezius muscle as a whole pulls the shoulder blade upwards. It also is able to hold the shoulder against the body.** **Neck section – Pulls it up and forwards** **Thoracic section – Pulls it up and backwards**
	**Move 3 (6)** **Tensor Fascia Latae Muscle** **Extends knee joint, flexes hip joint** **This muscle flexes the hip joint and because it is attached to the patella and the tibia it will extend the knee joint as well.**

	**Move 4** **Biceps Femoris Muscle** **Hamstring** **Extends hip joint, extends and flexes knee joint and extends ankle joint** **The whole muscle extends the hip joint** **The knee joint is extended by the upper front fibers.** **The ankle joint is extended by the lower rear fibers.** **The lower rear fibers could also flex the knee joint**
	**Move 5 Extension** **Gluteus Medius** **Pulls the limb away from the body and extends the dog's hip joint.** **This is an important muscle for the dogs rearing, jumping, kicking and moving forwards as it extends the hip joint.** **It also pulls the limb away from the dog's body.**
	**Move 11** **Brachiocephalicus muscle** **Pulls leg forwards and neck and head down and to one side** **Will pull the whole forelimb forwards.** **The muscle extends the shoulder joint if the neck and head are still.** **When the muscles pull from both sides of the body, they pull the neck and head down.** **When the muscles only pull from one side of the body, they pull the head and neck to that side.**

	**Move 12** **Rectus Capitus Dorsalis** **Elevates head** **Extends and laterally flexes the head.** **Rotation of head.**
	**Move 14** **Sacrocaudalis dorsalis medialis** **Acts to raise the tail and assists in lateral flexion. It arises on the spinous process of L7 and extends to the last caudal vertebra. It is innervated by the N. gluteus caudalis** **Sacrocaudalis dorsalis lateralis** **Acts to raise the tail and assists in lateral flexion. It arises from the aponeurosis of the longissimus and inserts with 16 separate tendons to each caudal vertebra. It is innervated by the plexus caudalis dorsalis** **Coccygeus** **Aids in wagging of tail, supports squatting**

Animal Bowen Therapy Moves

<u>Classic Roll</u> (Moves 1,2,5 Extension,7,8,10,13)

Always moving in a medial direction (towards the spine)

- Slack
- Hug
- Roll using both thumbs or both index fingers

<u>Tiny Classic Roll</u> (Moves 5,12,14)

Always moving in a medial direction (towards the spine)

- **No** slack
- Hug
- Roll using one thumb or one index finger

<u>Roll Out</u> (Moves 10,11)

Always moving in a lateral direction (away from the spine)

- **No** slack
- Hug
- Roll using one thumb or one index finger

<u>Wave</u> (Moves 3,4,6)

- No Slack
- Hug
- Wave motion using 3 fingers and palm of hand

<u>Slack and Around</u> (Move 9)

- Slack
- Hug, Tiny Classic Move using one thumb or one index finger

Moves and Waits for the WBB

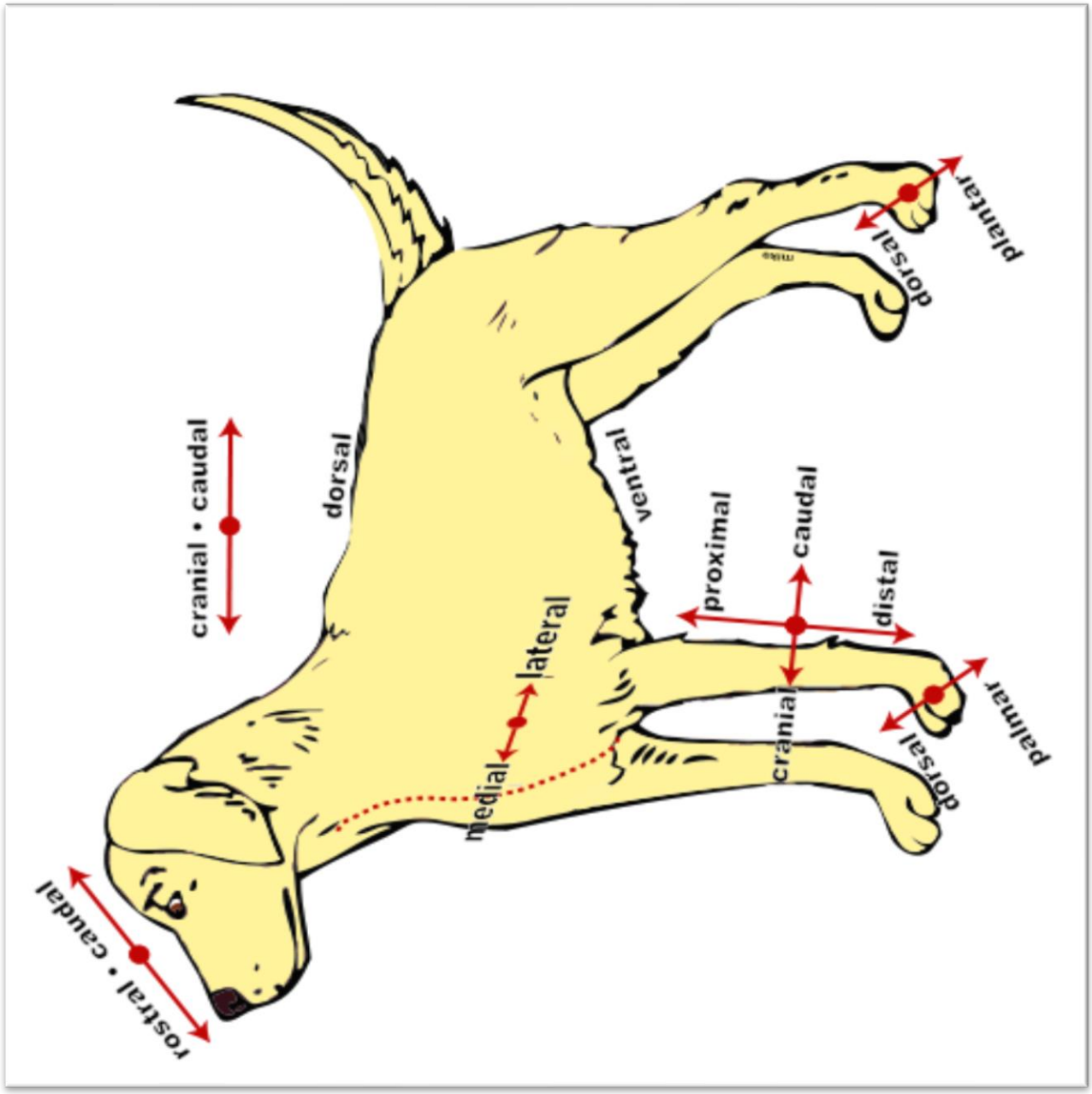
Moves 1, 2, 3	**Wait 2 minutes**
Move 4	**Wait 2 minutes**
Move 5, 5 Extension	**Wait 2 minutes**
Move 6	**Wait 2 minutes**
Move 7, 8	**Wait 2 minutes**
Move 9	**Wait 2 minutes**
Move 10	**Wait 2 minutes**
Move 11, 12	**Wait 2 minutes**
Move 13	**Wait 2 minutes**
Move 14	**Wait 2 minutes**

*Never use move 14 if you suspect a pregnancy

Helpful hints

- Keeping your fingers curled helps soften the pressure and lessons the tension in your own hand
- Elevating your wrists allows more "roll"
- If the dog is not in an ideal position, do the Move as best as you can and with good intention.
- You may work from the right side first when necessary
- If you forget a Move in the sequence, carry on, do not back track.
- When doing Moves 1,2,3 take note of the dogs responses and the tension felt under your fingers, as you will be repeating these Moves with 6,7,8.
- Check in on your own energy. If you are feeling tense or unsure, take a breather and carry on when ready.
- Give the dog a "hello" with a gentle long touch before you begin your next Move
- Ask the dog's family member to assist you
- Observe ~ Observe ~ Observe

Directional Terms



Response15 – Whole Body Balance

Moves 1-2-3 are applied one after the other, then a WAIT time is placed.

Moves 1-2-3 are familiar to you.

They are Steps 1-2-4 of Response5!

Move 1: Classic Roll (Step 1 of Response5)

This Move is found on the Longissimus Dorsi.

Longissimus Dorsi is found on either side of the spine along the lower back. It raises and stabilises the back and helps to bend the spine.

Addresses:

- All systems and cells of the body
  Musculoskeletal, reproductive, digestive, endocrine, urinary, respiratory and circulatory
- Pain in the bowel – constipation and colic
- Synergistic point of balance for the physical, mental, emotional, and energetic bodies of the being. If the bodies are not in unison this may be the only move you make for that treatment.
- This move tells the body: "Relax, the emergency is over"

Continue to Move 2 – No Wait

Move 2: Classic Roll (Step 2 of Response5)

This move is found on the Longissimus Dorsi M., Latisimuss Dorsi, M., Trapezuis and Rhomboids

Longissimus Dorsi is found on either side of the spine along the upper back. It raises and stabilises the back and helps to bend the spine.

Addresses:

- Shoulder lameness
- Muscle Atrophy
- Used in emergency for shock (respiratory)
- Dogs that exhibit hollow back and holds head up will need this Move and may present soreness in this area.

Continue to Move 3 – No Wait

Move 3: The Wave (Step 4 of Response5)

This Move is found on M. Tensor Fascia Latae.

It is an outer leg thigh muscle.

It assists in the bending of the hip, and straightening of the knee, supporting the knee (stifle)

Addresses:

- Hip and knee joint arthritis
- Stimulates gut activity – peristalsis and assists bladder.
- Problems here will restrict lateral movement and the dog will throw his leg out

Wait 2 minutes before you begin Move 4

Move 4: The Wave with Holding Point

This is a 2 handed Move.

Both hands are used in different positions for this Move.

The muscle worked here is the Biceps Femoris.

The Biceps Femoris is the largest muscle in the Hamstring group

A problem here will present itself as a shortened and/or uneven stride as these muscles help maintain hip joint extension. The muscle becomes very hard with no give.

The first hand is a holding point

A holding point holds the energy in a given area.

Find the croup (highest point of the rump -junction of lower back and sacrum.

Move Caudally (back) along the midline, halfway to the dock (tail)

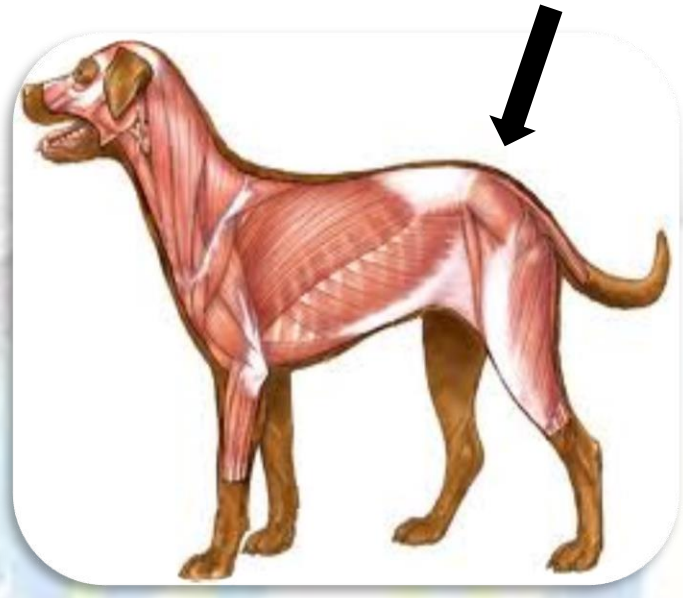
Move Laterally (down) from hard tissue to soft

i.e. Come out from centre of body ½ inch, this the holding point, using the flattened pads of fingers of the hand.

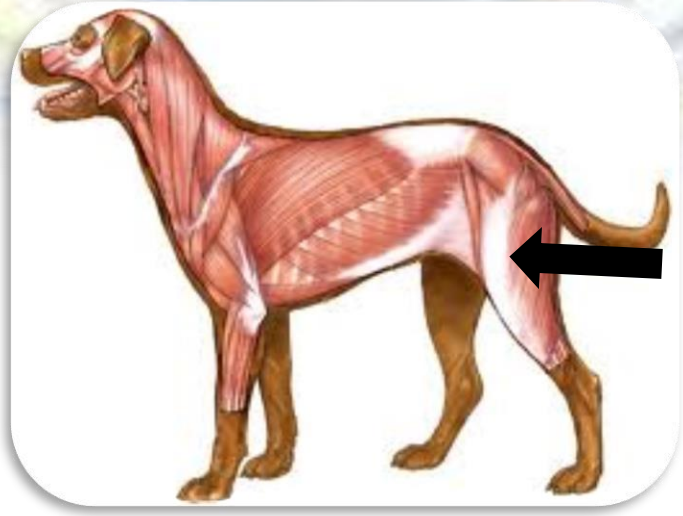
Move Four has 1 Part

Left side/Right side

Move 4 Holding hand position



Move 4 Working hand position



Finding the position of Move 4

1. Facing the hip on the LHS
2. Find the midpoint on the thigh, ½ way between the front and back of the leg and ½ way between the stifle and point of hip
3. With other hand on holding point, perform the WAVE, towards the tail (caudally)
4. Move 4 works with the M.Tensor Fascia Latae adjoining the Gluteal muscle which is attached to the sacrum.

   Perform the Wave

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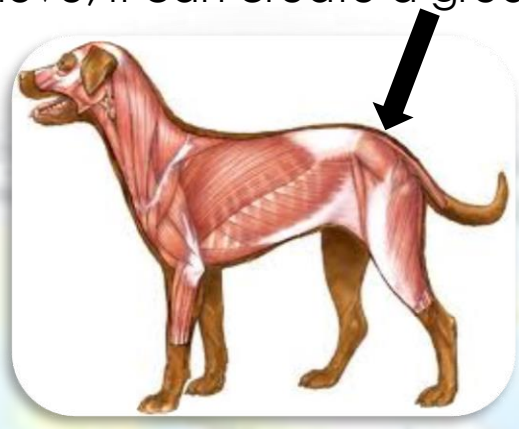
Wait 2 minutes before you begin Move 5

Move 5: Tiny classic Roll

Found in between the hip bones. This is the **sacrum.**

This area can be the main stress area of the dog. Although it is a tiny move, it can create a great release.



Move 5 has 1 Part

Left side/Right side

Finding the position of 5

1. Facing the hip on the LHS
2. Find the space between hip bone and spine
3. If there is slack, use it to create the medial Roll.
4. You may find that you do 1-3 rolls along the Sacrum (3 fused bones) depending on tension felt.

Continue to Move 5 Extension – No Waits

Move 5 Extension: Classic Roll

This is a 1 Part Move found on the Gluteus Medius

It is the biggest of the gluteal group

Primary cause is for the extension of the hip

Contributes to the abduction (To draw away from the midline of the body) and medial rotation of the limb

Addresses:

- Hip pain
- ROM (Range of Motion) of the hip
- Shortened forward stride with hind leg
- Back pain

Move 5 Extension can be performed in a Classic Roll or the WAVE as in Moves 3, 4, 6.

Move 5 Extension can create an ataxia (wobbly) until body adjusts.

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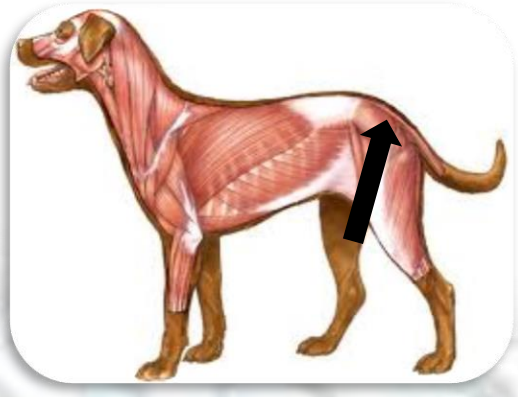
Move 5 Extension



Move 5 Extension has 1 Part

Left side/Right side

Finding the position of 5 Extension

1.Facing the hip on the LHS

2.Immediate Caudal of Tubar Coxae (point of hip) – Sacrum.

3.Take slack ventrally on to soft tissue, approx. 1 inch

4. Medial Classic Roll

Wait 2 minutes before you begin Move 6

Move 6 (repeat of Move 3)

The Wave at the edge of the Tensor Fascia Latae.

Wait 2 minutes then perform Move 7 followed by Move 8 without a Wait

Move 7 (repeat of Move 1) Classic Roll

Move 8 (repeat of Move 2) Classic Roll

Wait 2 minutes before you begin Move 9

Move 9: Slack and Around

This Move works the Rhomboids and Trapezius.

The Rhomboideus muscle lies at the top of the neck and assists in pulling the Scapula forward. The Trapezuis lies over the Rhomboids in a large sheet like muscle which originates from behind the poll and extends to the Thoracic Vertebrae. A problem here will show:

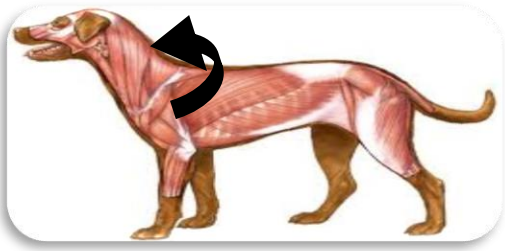
- Tight shoulders
- This will cause the dog to exhibit a loss of power and movement and co-ordination
- There will generally be problems in the opposite shoulder as well

Move 9 is performed using a Slack and Around Move using the thumb and index finger.

After many years of teaching, I found that no matter how many versions of instructions I wrote for Move 9, it just seems confusing!

It's not a difficult Move, its just that there's several ways to get it done.

I've provided several versions in video format😊



Wait 2 minutes before you begin Move 10

Move 10: Classic Roll, Roll Out (Step 3 of Response5)

This Move is found on the Longissimus Dorsi, affecting the

Latissimus Dorsi: found on either side of the spine along the back.

It raises and stabilises the back and helps to bend the spine.

Addresses:

- Pain and paralysis in lower back
- Respiratory
- Soreness from play, twisting and turning sharply, stopping quickly, being bowled over.
  10.1 Associated with muscle and limb soreness
  Addresses the kidney area
  10.2 Body soreness, stomach problems
  10.3 Muscle soreness and lung disorders
  10.4 Heart and lung
  Helps sway back weakness

  Move 10 addresses internal organs and intestines
  Move 10 detoxifies

_____

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Wait 2 minutes then perform Move 11 followed by Move 12 without a Wait

Move 11: Roll Out

This is a **1 Part** Move, which individually affects the following muscles. Left side/Right side

11.1 Ligament Luchae (deep) and M.splenius (superficial)

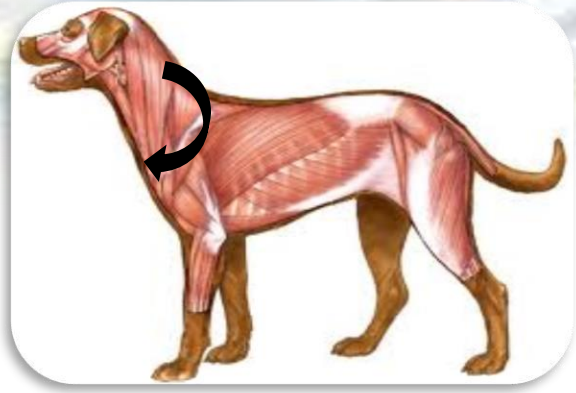
11.2 M.Cervical Serratus

11.3 M.Scalini M Omotransversarius

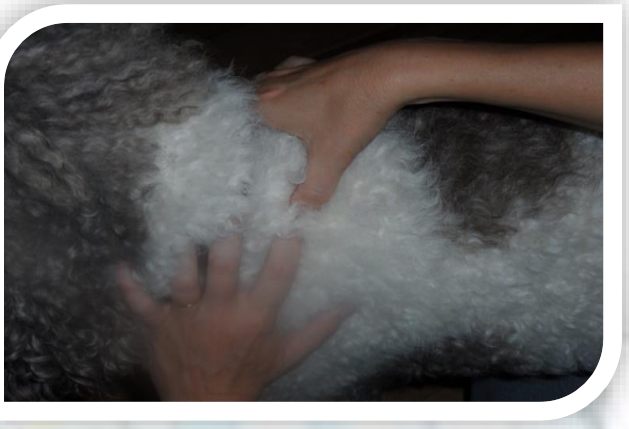
11.4 Brachiocephalic

Addresses:

- The kidneys
- The lymphatic's
- As well as soreness in neck from play, work, twisting and turning sharply



Please watch video for clear instructions and various versions.



Continue to Move 12 – No Wait

Move 12: Tiny Classic Roll

This is a 1 Part Move Left side/Right side

Move 12 at the poll, is the origin of the tendon of the M.Rectus Capitus Dorsalis

Finding the position of Move 12

Locate the poll (the prominent bump at back of skull)

Come back (causally) ½ inch from poll and out ½ inch

Tiny Classic Roll Leftside/Rightside

Addresses:

- The lymphatic's
- Aids in rotation of neck

Wait 2 minutes before you begin Move 13

Move 13: Classic Roll

This is a 1 Part Move Leftside/Rightside

Move 13 is located on the neck over the Trapezius but more importantly over the deep muscle Rectus Capitus Laterallis

Finding the position of Move 13

Locate ½ inch below poll (starting point for Move 12) and end of neck length. Come down 1/3 of neck length from Move12 starting point.

Perform Classic Roll in a medial direction

Addresses:

- Holds the proprioception for holding the poll in the correct position for self-carriage
- When this is tight or out, the head will pull to one side
- Refusal to flex to one side, normally the opposite side to the problem
- The dog will tend to stick its nose out and stretch out stiffly through the neck

Wait 2 minutes before you begin Move 14

Move 14: Tiny Classic Roll (Step 5 of Response5

This is a 1 Part Move found on M.Coccygeus

Addresses:

- Colic
- Diarrhea
- Constipation
- Reproductive and digestive system imbalances
- Tucked in tail
- Congestion indicates issue with spinal health
- Addresses hormones - MOVE 14 MUST NEVER BE PERFORMED ON A PREGNANT DOG
- The tail is the rudder, and when it is out of alignment the dog will be off balance ~ just as when the body is out so is the tail.
- Move 14 is an important move in spinal health

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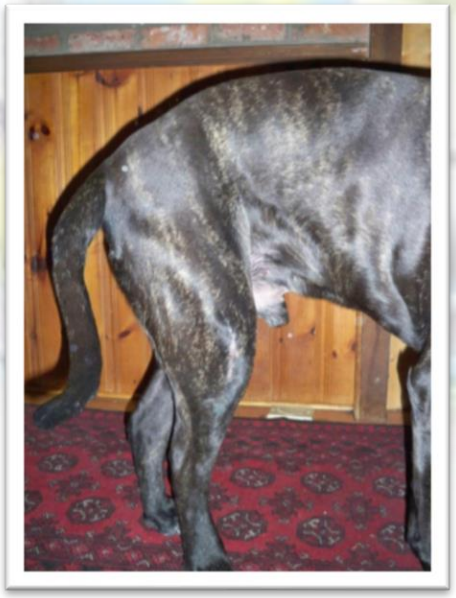
Case Study Samples ~ Before and After

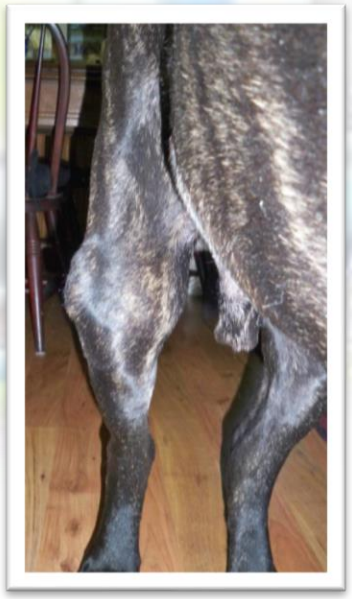
Before 1st Session
Hind end tucked under, weight shifted forward to compensate for hind end weakness
Muscle loss in back legs, head held low
Coat is rough and dull. Mobility is compromised

After 3rd Session
Hind end no longer tucked under, weight is now balanced evenly on front and hind legs
Muscle has returned in hind legs, head is now held higher
Coat is smooth and shinier, energy has increased and mobility is now much easier

Before and After

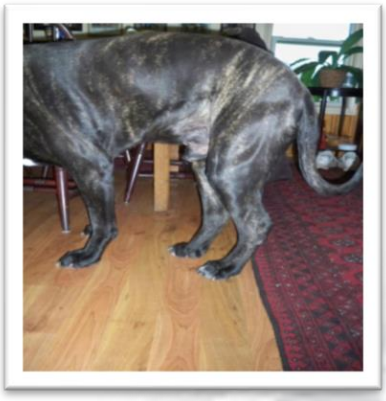
KHANS HISTORY:
Khan has been with Wendy for just over one year: Before this Khan was in a foster home.
He came to the foster home from the Animal Shelter directly after his Double Cruciate Ligament Surgery 3 months prior.
SURGERY:
Manipulation of both stifles indicated bilaterally torn CCL.
Removal of damaged intra-articular tissue and restabilization of the joint, both were completely torn.
There was minimal arthritis at time of surgery.
Two stainless steel implants in each stifle.
Khan shows a high degree of lameness and has great difficulty standing. He does enjoy short walks to the barn, yet spends the majority of his time lying down.



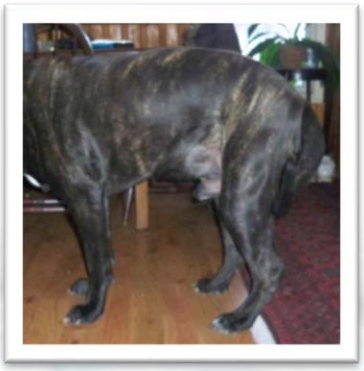


RIGHT LEG MORE EFFECTED, RIGHT KNEE PIVOTED OUT, EGG SIZED LUMP ON KNEE, LITTLE TO NO WEIGHT PUT ON RIGHT LEG, TAIL HELD AWAY FROM BODY AND CROOKED

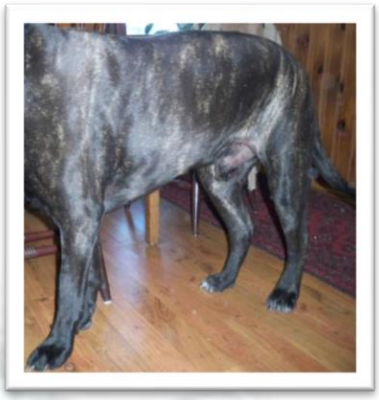
COMPARING STANDING POSITION - **LS~RS**



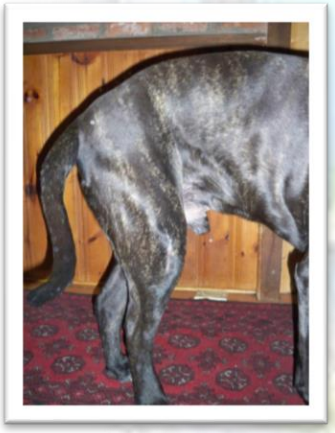
Before



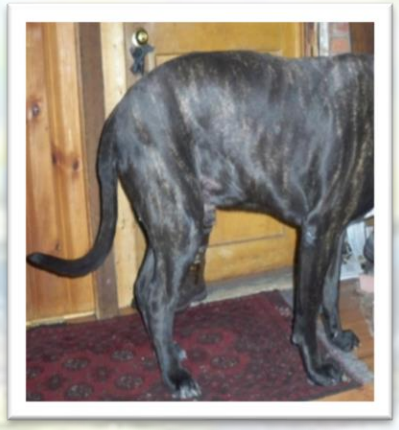
After 1



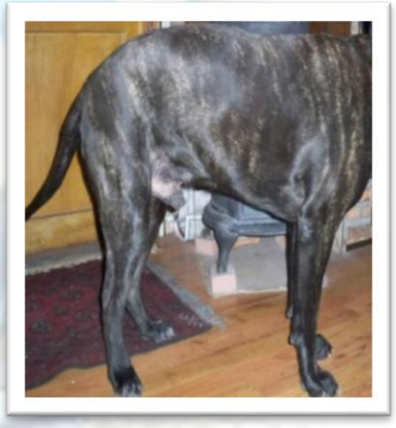
After 2



Before



After 1



After 2

WHAT CHANGES DO YOU SEE?

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MY OBSERVATIONS 7 DAYS AFTER 2ND. SESSION

KHAN GREETED ME AT THE DOOR STANDING AND WAGGING HIS TAIL, SPARK IN HIS EYES: A TREMENDOUS IMPOVEMENT IN ENERGY AND STAMINA.
MORE WEIGHT ON RIGHT HIND LEG ~ LUMP ON RIGHT HIND LEG GONE

TAIL NOW STRAIGHT ~ HUNCH BACK CONTINUES TO IMPROVE

RIGHT LEG NOW HELD CLOSER TO BODY IN SITTING POSITION

MOVING AROUND THE HOUSE AND JOINING IN ON THE ACTIVITIES

PLAYFUL ~ MOBILITY GREATLY IMPROVED

I AM BEYOND ECSTATIC WITH KHANS PROGRESS.
LET ME SAY THAT AGAIN…. "ECSTATIC"
TWO YEARS BEING STUCK IN AN OLD INJURY IS NOW BECOMING UNSTUCK IN JUST TWO SESSIONS.
WHAT I WITNESSED TODAY AFTER JUST TWO SESSIONS HAS ME JUMPING OUT OF MY SKIN WITH THE ENDLESS POSSIBILITIES FOR ALL THE ANIMALS THAT I WILL HAVE THE PRIVILEDGE OF TEAMING UP WITH IN THE FUTURE.

A LETTER FROM WENDY –KHANS CAREGIVER

Hi Debi....Khan is doing great this morning...and Markie's (horse) swelling was reduced as well...Thank you so much for your help with them both...I can't pretend to understand how your therapy works...but you have made a believer out of me!

I acquired my English Mastiff, Khan , 3 1/2 years old at the time, from the NFHS(Niagara Falls Humane Society) in the fall of 2009. He had undergone double cruciate ligament surgery 3 months prior, and was still very limited in his movement. At the time of his arrival at my farm, he was only able to walk for a maximum of 10 minutes without having to rest. Any excessive exercise resulted in him being unable to use his right hind leg at all, consequently, the upper leg muscles were becoming somewhat atrophied and there appeared to be an enlargement of the stifle joint as well. When he was able to bear weight on his right hind, he did so with a distinct limp. Continued light exercise resulted in some improvement in the use of Khan's right hind leg and limited improvement in muscle tone, although his gait was still unequal and the joint inflamed. Around Christmas of 2010, Khan developed a large egg size lump under the surgical incision on his right hind stifle. It was warm and painful to touch. He became increasingly uncomfortable to the point he was barely able to lift himself up. Topical dmso applications and oral ASA 500mg were administered every 4 hrs for 3 days to alleviate the pain and allow some mobility. Although his level of discomfort decreased to the point he was able to get up and down and move about somewhat, the lump on his leg did not recede. Debi first saw Khan on Feb.1 2011. Following Khan's initial Bowen therapy treatment, Khan was quiet but comfortable...He showed gradual improvement in his comfort and energy level in the days that followed. There appeared to be a small reduction in the size of the lump over his right stifle.

Debi treated Khan again on the 8th of Feb, and the improvement became more rapidly apparent. The size and density of the stifle lump was obviously diminishing and he was bearing almost full weight on his right hind leg. His gait was becoming more equal and his

energy level and enthusiasm for exercise noticeably increased. By the time Debi arrived on the 15th of Feb. for Khan's 3rd Bowen treatment, the lump had completely disappeared and Khan was actually able to "lope" for 100 metres or more at at a time, something he had never been able to do for more than a few strides. What appeared to be arthritic inflammation of the right stifle joint has completely reduced along with the lump, and Khan's muscle tone has improved to the point he is bearing weight and using his right hind almost equally to the left. No medications, treatments or therapies, and no lifestyle, exercise or diet changes were implemented during the course of his Bowen therapy treatments. As a result, I can confidently attest to the fact that the Bowen therapy applied by Debi, was instrumental in the dramatic improvement of Khan's well being. He continues to be pain free, energetic and playful with a full range of motion on his right hind leg. Thank you Debi, for the quality of life you have returned to my best friend! Your kindness and compassion will ever be appreciated by myself and Khan...continued success with your therapy...it's amazing!

With much sincerity and gratitude, Wendy Wolff

The above case study was one of my first case studies...

Can't wait to read about yours!!