

Preparing the Canine Athlete

Mandy Armitage



I grew up in a house of Chiropractic. The chiropractic philosophy is that the body builds itself, it can repair itself with the proper tools and communication to itself. Natural is best.

I started in the dog world in 1986 in Dobermans and then headed into boxers not long after that. Since 2012 I have been deeply involved in Whippets. I have dedicated my life to studying the many techniques for stress reduction and relaxation that promote healing.

Knowing that I did not want to be a vet and the background of the chiropractic I decided to think outside of the box. What do I have to offer the animal world? I started with Veterinary Orthopedic Manipulation. And yes, I learned a lot, it made me realize that I don't want to use an activator and that animals are all about the touch. From there I started to learn and use different modalities of Reiki, T-Touch, Chi Balancing and Grounding, Healing Hands, Pet Massage, Behavior, Some nutrition, Herbal and holistic healing,

and Animal Communication. All learning under some awesome vets, shamans and many other gurus out there.

Just like people, your dog should be stretching and warming-up prior to fly-ball, agility, lure coursing, hunting, hiking, dog showing or an evening jog. Come and learn the proper way to stretch the muscles and warm-up and cool down to prevent injuries.

I am planning on an energetic and descriptive seminar on how muscles work and the purpose of muscles. Explaining what happens to the muscles as we use them and what the body does to the muscles as they function and overwork.

From there I will discuss ways to build and develop muscles to help them in different activities that they participate in. Conditioning and creating muscle memory to make them better athletes, better awareness of their bodies, effective ways to strengthen muscles to help prevent injuries.

Afterwards I will discuss stretching techniques that will help work individual muscles and another way to look at the overall dog to help create a balance and body awareness in them.

Finally, I hope to get into cool down information after activity and why it is so important.

**** There are a limited number of appointments available for Mandy to evaluate your dog on Wednesday. These spots will be awarded, via lottery, to seminar attendees ****