



GOOD MORNING SPINAL WAKEUP

This technique literally wakes up the spinal messages to the body!

You will be accessing the neuro-lymphatics, numerous acupuncture points and the muscles that run along the spine.

And it only takes less than 1 minute!

This is great for dogs of all ages, but especially the geriatrics and dogs in recovery.

This is best done first thing in the morning when the dog is standing or sitting.

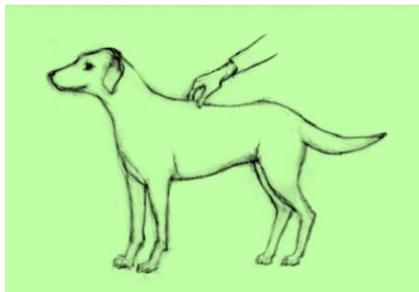
Begin just behind the shoulder blades.

Hold your thumb and forefinger 1 to 2 inches apart and position each finger along opposite sides of the spine. The size of your dog will determine the width of your fingers.

Sink in with gentle pressure and while in place, wiggle your fingers front to back.

Next slide back approx. 1 inch (less for small dogs) and you will naturally fall into a little divot between the sides of the vertebrae.

Wiggle a few times again and slide back and repeat until you reach the pelvis area where you will not feel any more vertebrae. Repeat 3-4 times and watch your dog limber up and smile!



For questions or assistance contact Elizabeth Johnson at 4LeggedWellness.com