



Canine Remedial Massage & Rehabilitation Practitioner Course

Course Title:

Your4legs Canine Remedial Massage & Rehabilitation Practitioner Course

This qualification can support both career prospects and educational progression routes.

The course is accredited by the BCMA (British Complementary Medical Association) and your4legs is approved by LANTRA as a customised provision provider.

The your4legs school is accredited by the BCMA

Course Duration:

The course tutored days and final assessments can be completed within 8 months as X1 weekend a month for 6 months, followed by final assessments. There is home study work which may require more than 8 months to complete, depending on the students' commitments outside the course.

The course is part time to enable students to complete the work around a busy lifestyle. In addition, groups are small (a maximum of 6) enabling plenty of individual time with the tutor(s)

An average course completion time is 12 months, with the final course deadline being 18 months from the course start date.

A Practitioner Certificate will be awarded once all course material and payments are submitted.

Course Fee:

Course cost = £1,950

If the total is paid at the time of booking, there is a 10% discount (£195). This reduces the course cost to £1,755.00

You can also pay by instalments –

- Pay an initial deposit* of = £278.57, then pay the remainder of £1,671.43 in 6 equal instalments of £278.57

CORONA VIRUS CHALLENGES –

- The pandemic has been a challenging time for many people and we have introduced an additional payment plan to enable students to reach their goals by spreading the cost of the course over a longer period with no additional costs – Pay an initial deposit* of £150, then pay the remaining £1,950 in 12 equal payments of £150.00

At your4legs we love teaching and helping and will do our best to enable you to reach your goals.

So please do contact Stef Watts directly if you wish to discuss an alternative payment option. We will endeavour to work with you as much as we can to enable you to join and complete the course.

** The deposit is non-refundable. Please refer to the Terms and Conditions for full details.*

The Course fee covers –

- 12 tutored days – as X6 weekend blocks of X2 days, plus exam days.
- All course textbooks, including a 200+ page textbook designed specifically for the course by your4legs
- Any external speakers
- 50% of the 1st years' insurance, if required
- Refreshments during the tutored days. (This does not include lunch.)

Course Description:

This course can be started at any time to suit the students' other commitments.

The course is part time, consisting of a mixture of home study, placement hours and tutored practical days. Students can choose their practical days from the your4legs website to fit in with other commitments.

This course aims to give you the knowledge, confidence and clinical reasoning skills enabling you to become a safe, competent, experienced professional canine remedial massage therapist with an introduction to canine rehabilitation.

You will learn a varied range of techniques encompassing –

- Both light and deep tissue massage,
- Massage techniques adapted to warm up the dogs' muscles in preparation for exercise and cool down the muscles after exercise
- Light touch techniques (LTR) and soft tissue rolling (by your4legs) related to trigger points and fascia release
- An introduction to canine rehabilitation, encompassing –
 - A range of limb stretches and joint mobilising techniques
 - The use of physiotherapeutic tools
 - The use of exercise tools and techniques

Entry Requirements:

Students must be over 18 years of age.

Students under 21 years should have achieved 4 GCSE's at grades A - C, or equivalent for their country of residence where they went to school.

Students do not need to have experience of massage, as this will be taught during the practitioner course, but any massage experience will be a helpful head start.

Students must be able to demonstrate an understanding and practical experience of handling and caring for dogs, gained through one or more of the following –

- 3 years' experience of owning and / or working with your own dog or working in a professional canine industry – such as showing, kennels or agility for example.
- Any canine related qualifications or details of short courses you have attended may also be relevant.

Student material:

At the start of the course, students will receive the following material -

- A X200+ page course book containing all the massage technique details and detailed canine anatomy notes – designed for the course by the your4legs team.
- A canine Anatomy textbook
- A list of useful reading material
- A pack containing relevant case history sheets, treatment sheets and veterinary approval sheets (where relevant) and Your4legs stationery

Course Content:

This course consists of home study, 12 tutored practical days and final assessments

- **This course can be started at any time and students can choose their tutored practical days from the your4legs website to fit in with other commitments.**
- The 12 practical days need to be chosen and managed by the student from the dates listed on the your4legs website. Students must confirm the dates they have chosen to attend with their tutor, ideally within 10 days of the date. This flexibility enables the student to start the course when they wish to and to fit the course in with their other commitments.
- Each practical day will commence at 9am through to 5pm.
- As part of the 12 practical days there are compulsory lectures and practical subjects that need to be attended as part of the course. These include attending 1 lecture in each of the following subjects -
 - Musculoskeletal and nervous system structure and function
 - Gait and static assessment lecture and practical
 - Illnesses, injuries and conditions, veterinary diagnosis and an introduction to rehabilitation.
- A 90% attendance rate will be required to complete the course.
- There are X4 home study blocks. For each of these blocks there is a set of short answer and multiple-choice questions in a supporting workbook. These questions must be answered and submitted to the tutor. Workbooks will be marked as part of continuous assessment and will form a portion of the final theory mark.
- A short project will be required, on a canine subject of your choice. This must be completed before any certificate can be awarded. Although the project does not need to be submitted before the final practical / theory assessment, it must be submitted by the end of the course deadline, which is 18 months from the course start date.
- A set of case studies will be required, consisting of 6 dogs, each treated X3 times. A minimum of 3 case studies should be submitted before the final assessment weekend so that students can receive feedback before continuing with the rest of their case studies. The remaining case studies must be submitted by the end of the course deadline, which is 18 months from the course start date.

- The final assessments will consist of –
 - A theory exam consisting of short answer and multiple-choice questions. This is taken on-line and students must treat this as a closed book exam.
 - A massage practical assessment, which will involve the student taking full case history notes, a gait and static assessment of the dog, an explanation to the client about what the therapy session will involve, followed by the therapy session, a written report and relevant aftercare advice.
- The practical assessments are marked by an external examiner appointed by the BCMA. In addition, some of the theory work is marked / moderated by the BCMA. This external marking by the accrediting association ensures consistency of quality.
- A completion certificate will be awarded once the course has been successfully completed and all course material and fees have been submitted and paid.

Course venue and facilities:

The theory section of the course is sometimes held at the your4legs classroom -

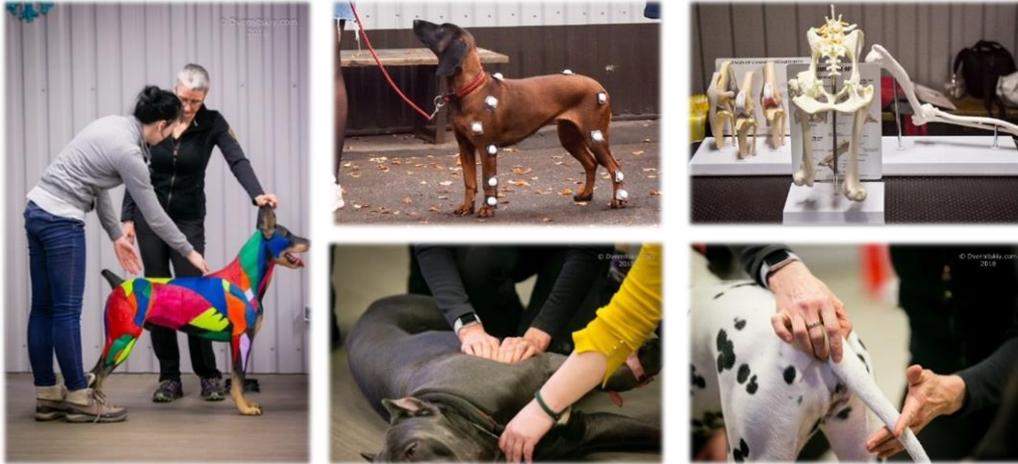
Newark Dressage
 Hill House Farm
 Balderton Lane
 Coddington
 Newark
 Nottinghamshire
 NG24 2QE

Newark Dressage is a lovely working farm and livery yard, with a mixture of traditional courtyard and brick-built stables and modern American barn style stables. The classroom is a beautiful loft conversion above the Newark Dressage farmhouse with purpose-built kitchen facilities. There are plenty of anatomy props in the classroom to aid with learning.

Newark Dressage your4legs classroom venue -



Canine course photographs and anatomy props -



The practical sessions will be held predominantly at Fernwood Village Hall – a fully equipped modern facility – with appropriate clients and their dogs.

Some of the theory sessions may also be held at Fernwood Village Hall.

Fernwood Village Hall

Rubys Avenue

Fernwood

Newark

Nottinghamshire

NG24 3RS

The course working hours encompass –

- 40 hours of home study work
- 96 hours of tutored practical work
- It is envisaged that an additional 100 hours of work will be gained through students completing their short project and their case studies

Subjects – Summary

10 Canine Body systems

- **The musculo-skeletal system**, comprising of superficial muscles, medial muscles, deep muscles, key muscle insertions and origins, fascia, tendons and ligaments, the skeleton and joints.
- Understanding the **canine digestive system** and its potential influence on movement and behaviour.
- The **canine nervous system**, with priority given to nerves required for movement including the Brachial Plexus and the Lumbo-sacral Plexus.
- The structure and function of the **canine respiratory system**
- The structure and function of the **canine cardiovascular system**
- The structure and function of the **canine reproductive system**
- The structure and function of the **canine endocrine system**
- The structure and function of **canine skin**
- The structure and function of the **canine lymphatic system**
- The structure and function of the **canine urinary system**

The Therapy Process

- Learning to make contact and obtain **Veterinary approval** under the Veterinary Act 1966
- Learning to work with the client and obtain good **detailed case history notes**
- Learning key aspects of **canine behaviour** and how to handle the more nervous dog
- What are **contra-indications** and guidelines on when to refer a client's dog to the vet
- Learning a process of **canine gait assessment** – by the naked eye and using high speed video work and gait assessment software
- Learning a process of **static assessment**
- Learning how to fill in a **treatment sheet** and feedback to the client with **aftercare advise**
- Understanding **marketing and business management** and the key things required for **setting up a new business**.

Therapy Techniques and routines

You will learn a detailed range of techniques and treatment routines, encompassing –

Therapy techniques -

- **Deep tissue massage**
- Adapting massage techniques to **warm up** and activate muscles prior to activity
- Adapting massage techniques to **cool down** muscles and help remove toxins after activity
- **Fascia and muscle rolling** (Designed by your4legs - Stef has adapted her own techniques during extensive practise and results over more than 10 years of therapy work)
- **Light Touch Release (LTR) Techniques** (Designed by your4legs) and the **blabber meridian**
- Gentle **joint mobilization**
- **An introduction to rehabilitation**, including –
 - Limb stretches and joint range of motion techniques
 - An introduction to physiotherapeutic devices and exercise tools and exercises

Therapy routines -

- All over body **massage which can be adapted for maintenance, recovery and relaxation**
- **Warm up** routine for warming up the muscles and preparing them for activity
- **Cool down** routine for use after activity to relax muscles and help toxin removal

Injuries, illnesses, conditions, the healing process and rehabilitation

- **Canine injuries relating to key disciplines, common conditions and illnesses**, including an introduction to potential routes of **care and rehabilitation** and the role of therapy
- Understanding the physiology of **stress and the healing process**

Home study

This work is designed to give you practise on key aspects that you will use when you become a qualified Practitioner.

- Projects and theory subjects - increases your canine knowledge so that you know what anatomical areas you are touching when you assess and work with a dog. This also trains you in the art of research when you need answers to important questions
- Case studies – This is important practise of the entire therapy process ready for when you are a qualified Practitioner and ready to start your own therapy business

New theory and practical topics may be added as the course evolves and the order in which the theory subjects are taught may change from time to time.

Home study blocks -

Block 1:

- Course structure –
 - Home study blocks and practical days
 - Case studies and project
 - The final assessments
- The fundamentals of therapy –
 - Different types of complementary therapies
 - Why use complementary therapies and key benefits
 - Contraindications to therapy and when to refer a client back to the vet
 - The veterinary law
- Therapy process and paperwork –
 - Veterinary approval for maintenance therapy, physiotherapy and rehabilitation
 - The importance of taking a good case history
 - The theory of static assessment
 - The theory of gait assessment – using the naked eye and scientific equipment
 - Therapy explanation to the client
 - The theory of the initial hands-on evaluation
 - Filling in the therapy session sheets and aftercare advise
 - Managing the clients' expectations
- Understanding marketing and business management and the key things required for setting up a new business.

Block 2:

- The structure and function of canine skin
- The structure and function of the canine musculoskeletal system, including muscles, tendons, ligaments, fascia, bones and the skeleton
- The structure and function of the canine nervous system and muscle contraction

Block 3:

- Understanding common injuries, illnesses and conditions
- The veterinary assessment and diagnostic process and tools used
- Understanding the physiology of stress and the healing process
- An introduction to canine rehabilitation and its role in canine healing and maintenance, together with the use of exercise and physiotherapeutic tools

Block 4:

- The structure and function of the canine digestive system and canine nutrition
- The structure and function of the canine respiratory system
- The structure and function of the canine cardiovascular system
- The structure and function of the canine reproductive system
- The structure and function of the canine endocrine and urinary systems
- The structure and function of the canine lymphatic system

NOTE:

Under the Veterinary Surgeons Act of 1966, it is imperative that ONLY qualified therapists should complete therapy sessions on other people's animals and that ALL qualified Therapists should seek confirmation from the relevant veterinary surgeon prior to performing therapy on an animal. In addition, therapists should not legally make a diagnosis, but can give a professional opinion.

The Veterinary Act of 1966 was put in place to regulate the treatment of animals. Under its provisions, it is only Veterinary Surgeons who may legally diagnose, prescribe and advise on the basis of a diagnosis and perform surgery on animals.



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Terms and conditions

By returning your completed application form and your deposit / payment –

- You are agreeing to pay the balance of the course fees as stated in the Practitioner Course Details, based on the payment option you agreed.
- You understand that the deposit is non-refundable.
- You understand that a certificate will be awarded on successful completion of the course once all home study material and any remaining outstanding payments have been received.
- You agree that you will be 18 years or more at the start of the course.

You will have no claim to use the content of the your4legs training material to recreate your own canine diagnostic assessment or canine massage courses in any format without prior permission from your4legs.

A 90% attendance rate is required for successful completion of the course. If circumstances mean that you cannot attend a part of the course it is possible, with prior agreement from your4legs, to defer your training and examination date to the next available practitioner Course.

You will need to provide your own lunch and organise your own overnight accommodation – a list of some suitable B&B and hotel accommodation will be provided as part of your welcome pack following completion of your application form and initial deposit / payment.

You will need to provide your own Personal Accident Insurance Cover for the duration of the course. *Your4legs can offer Student Insurance Cover with the course accreditors (BCMA – British Complementary Medical Association.) The aim will be for the student to be able to change to Practitioner Insurance Cover once they have successfully completed the Practitioner Course.*

Canine massage is quite a physical undertaking and there is always a risk that the dog may take offense to the treatment if he / she is very sore, so you will need to be safe and sensible and look after yourself. Your tutor will endeavour to ensure you learn the safest method to deliver the massage techniques, but all students must adhere to any procedures that are presented relating to safety at the facilities you visit and when you are working with dogs.

Although the course venue is secure, students must look after their belongings and your4legs does not accept liability at any time for the loss or damage to student property, including vehicles and their contents.