

Carole Bryant, Naturopath

(ATMS & HATAA accredited)

- nutrition • herbal medicine • homoeopathy • flower essences • iridology • massage • CranioSacral balancing
 - kinesiology • reflexology • manipulative muscle therapy • Theta Healing • Neuro-Linguistic Programming
 - Thought Field Therapy • Reiki
- plus for pets:*
- Tellington TTouch (Companion Animals) Practitioner • Canine CranioSacral balancing
 - Tellington TTouch (Horses) Practitioner-in-Training • Behavioural Dog Trainer
-

TTouch BODYWRAPS, NOSEWRAPS & ANKLEWRAPS

TTouch bodywrap

The TTouch bodywrap is really useful for dogs that are shy, fearful, nervous or defensive. I also find it useful for dogs that are overexcitable.

Often these behaviours reflect that the dog is lacking self awareness (isn't sure of where its own body starts and finishes). After all, if you don't know where your own body starts and finishes, how do you know when you are safe or when you are in danger? When the bodywrap is put on, many dogs become immediately calmer and more relaxed.

I often put a bodywrap on dogs in my class and am constantly amazed by the difference it can make to their behaviour. The dogs are visibly more relaxed, calm and confident.

The bodywrap is a 7 cm wide ACE bandage (a thick, very soft, stretchy bandage that retains its shape well) and it can be put on the dog in a variety of ways, most commonly passing from the withers, down around the chest, then back up and crossing over the withers, down around the hindquarters, then back up to the withers again where it is pinned in position. From above it looks like a figure 8.

This is the most basic way of putting on the wrap. It stays in place fairly well for dogs with a bit of coat, but with short coated dogs the part around the hindquarters tends to creep up.

There are lots of ways of putting on a bodywrap, but my favourite and one which stays in place really well even if the dog is wearing it when active is:

Lay the wrap out flat. Fold one end back on itself for about 30 cm (12 inches) and pin the folded back end through both layers of the bandage. Do the same with the other end. You will now have a bandage that has a loop on each end. Place the centre of the bandage on the dog's chest and bring the ends back and cross them over at the withers. Put one of the dog's back legs through one of the loops, then put the other leg through the other loop (position this so that the pin is on the outside and can't rub the dog).

The end result will be that the wrap goes across the chest, comes back and crosses over the withers, then each end of the bandage passes around a back leg. This wrap stays in place really well, even for agility, running through the bush etc (it has been well tested by my dogs!)

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These directions are for putting the wrap on a large dog. For a small dog I use a 5 cm ACE bandage and bring the rear leg loops right back up to the withers to use up all the bandage. With a very small dog you may still have some excess bandage which you can either pass around the chest again or fold under and pin.

The bandage should fit snugly (neither tight nor loose) and because it is so stretchy the dog is still able to move freely.

I use babies' nappy pins to secure the wrap - the safety catch prevents the pin from accidentally coming undone and sticking into the dog.

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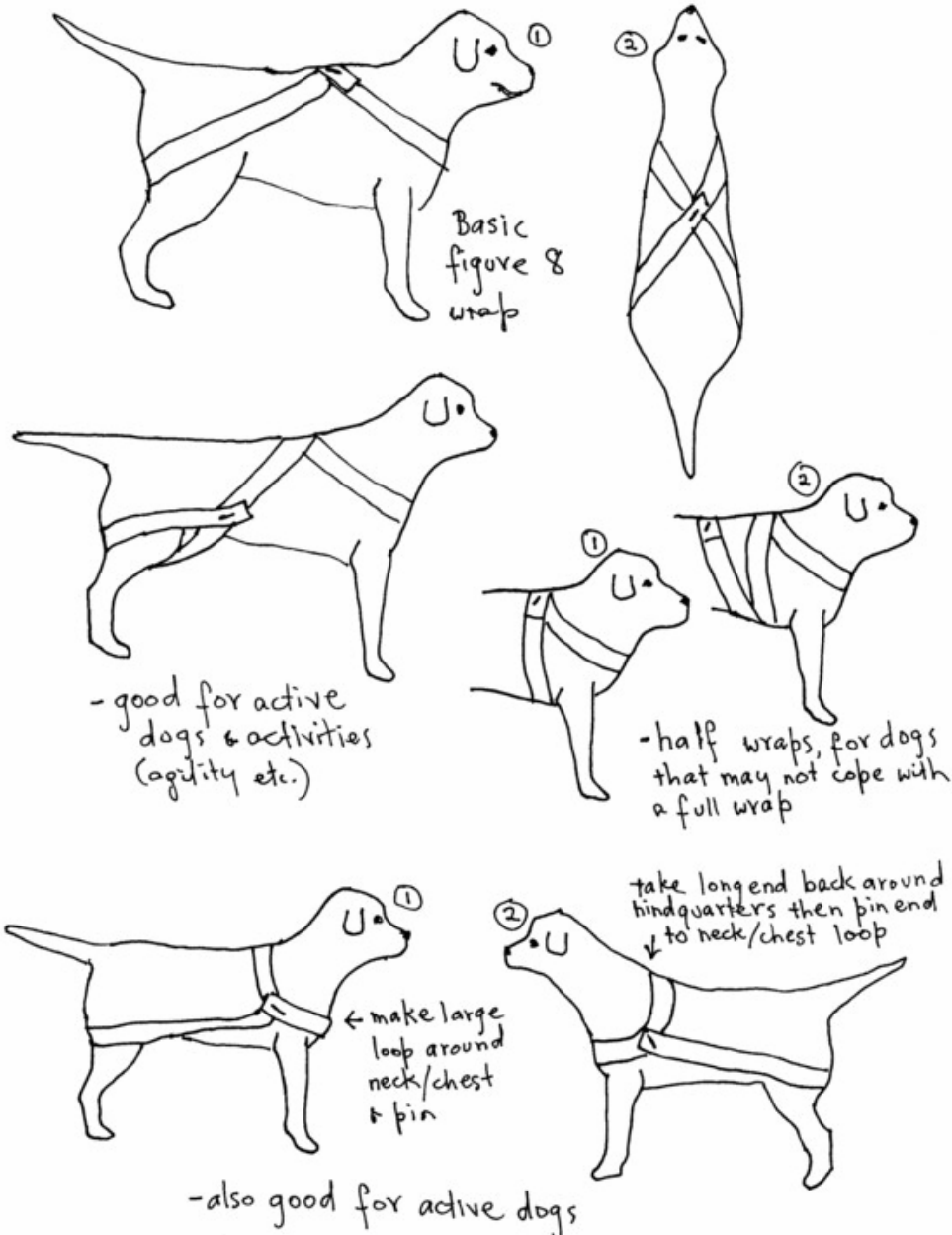
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BASIC BODYWRAPS using 7 cm wide ACE bandage (or 5 cm for small dogs)

- secure with safety pins (preferably nappy pins for extra safety)



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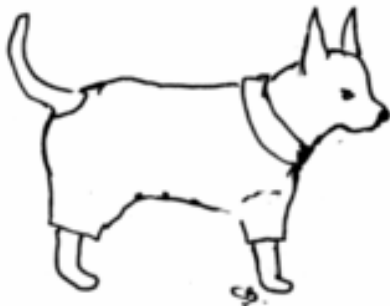
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IMPROVISED BODYWRAP USING TWO T-SHIRTS OR A BODYSUIT



- old T-shirts with stretched necks or "V" necks fit best, especially on the front of the dog as they then fit over the dog's neck/shoulders better
- neck of T-shirt on hindquarters makes a convenient tail hole!



- for small dogs the stretch towelling all-in-one bodysuits made for babies are work well (simply cut the legs off to the right length for your dog and cut a tail hole in the hind end for a better fit). Fasten a couple of the studs on the chest and under the tummy so that it stays in place.

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TTouch nosewrap



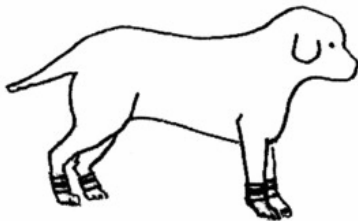
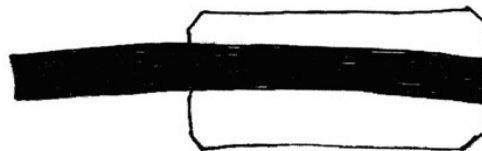
The TTouch nosewrap is excellent for helping with unthinking behaviour in relation to the mouth. It can be helpful for dogs that bark, chew or bite inappropriately. The TTouch nosewrap is simply a piece of soft elastic - place the centre on top of the muzzle, take the ends under the muzzle, crossing over under the jaw then back up behind the ears and tie in a knot. The elastic should fit snugly without being tight (I would be especially careful of this when using it with teething puppies). The dog can still eat, drink, yawn, bite, etc. but every time they open their mouth the feel of the elastic helps them become aware of what they are doing

(changes an unthinking behaviour into a thinking behaviour). I usually use soft 1" (25 mm) elastic for large dogs and 1/2" (12 mm) for small dogs/puppies but experiment to see which works best for your dog.

Anklewraps

My anklewraps are made from neoprene with velcro fastening. Wrap neoprene around "ankle" and fasten with velcro strap to give a secure fit (avoid having anklewraps either loose or uncomfortably tight). I use anklewraps to improve awareness of the feet

which can give the dog confidence for TTouch ground exercises and agility. I also find them useful for mentally calming and "grounding" over-excitable dogs (I usually use them in conjunction with a bodywrap for over-excitable dogs).



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