

Clinical Trials

Canine Massage Guild – Leading the way.

In clinical trials with Winchester University, 95% of dogs responded positively to clinical canine massage therapy!

Use the wording above OR the graphic below - you decide



I am very proud to be a member of the Canine Massage Guild. All Canine Massage Guild therapists have been trained in the Lenton Method®, it is a 3-tiered approach to the evaluation, treatment and re-evaluation of the canine patient who presents with soft tissue or musculoskeletal injuries and / or degenerative diseases like canine osteoarthritis.

The Lenton Method®

The Five Principles of Pain

Practitioners' classification of issues with input from owner. Gait, Posture, Daily Living, Behaviour, Performance. Assessment is made before each treatment.

1. Advanced Palpation

A specialised procedure whereby therapists read and translate muscle/fascia injury/dysfunction using precise palpatory techniques, grip modulation and force control to comfortably assess pain.

The Lenton Method

2. Body Mapping

A comprehensive, standardised anatomical map of primary and secondary areas of muscular injury and fascia dysfunction, used with palpation. Promotes consistency between practitioners.

3. Seven Protocols

A unique set of complex, direct myofascial releases utilised to address chronic structural imbalance and presenting pain.

Preceded by sports, deep tissue and Swedish massage.

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History of the Clinical Trials

Prior to 2021 a wealth of anecdotal evidence existed on the efficacy of the Lenton Method® but canine massage therapy had not been researched or tested academically.

In the autumn of 2018, the Canine Massage Guild made history when both Sparsholt and Winchester universities conducted the first ever, in depth clinical trials on the efficacy of clinical canine massage therapy and specifically, the Lenton Method®

Understandably there were some delays caused by the global pandemic. However the Canine Massage Guild was delighted when the research paper was first published in the Vet Record on the 15 June 2021 titled **Effect of massage therapy on pain and quality of life in dogs: a cross sectional study** and this can be accessed at

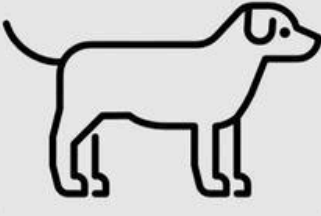


<https://bvajournals.onlinelibrary.wiley.com/doi/10.1002/vetr.586>

The Results




As the study had such a large sample of dogs the researchers applied a conservative error rate of 0.1 %, this is equivalent to human clinical trials. Therefore, there is a 0.1% chance that the results of the study were due to random effect.

Out of 527 dogs, 492 dogs responded to treatment. The variables between cases such as age, breed and conditions were of a diverse enough range to ensure the type of dogs that

therapists see in practice were represented. Whilst there are many reasons for whether or not a dog is responsive, this result evidenced that veterinary-diagnosed musculoskeletal conditions responded successfully after Clinical Canine Massage Therapy. Positive changes in the dogs' mobility and behaviours were often observed after just one treatment, increasing with subsequent sessions.

		
<p>Anatomical</p> <ul style="list-style-type: none"> Reduced muscle stiffness and soreness Increased mobility and motility of muscle Restored/improved fascial plasticity Improved joint range of movement Restored tissue movement and functionality 	<p>Physiological</p> <ul style="list-style-type: none"> Increased interstitial pressure, venous and lymphatic flow Increased fluid exchange between vascular system and peripheral tissues Decreased inflammation, pain, muscle fatigue Parasympathetic activation, including reduced cortisol and increased serotonin 	<p>Psychological</p> <ul style="list-style-type: none"> Reduced depression Reduced fear and anxiety Reduced stress Reduced pain Improved mood and demeanor Improved motivation

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Owners and Vets can be assured that Clinical Canine Massage has a rational, scientific basis and is justified and effective when used for musculoskeletal pain and mobility issues.

Further Research

The Canine Massage Guild celebrated its 10th Anniversary in March 2022 and is excited to continue leading the way in canine massage. The plan for double blind trials in the summer of 2020 was unfortunately delayed due to the global pandemic, but the Canine Massage Guild is looking forward to progressing with the double-blind trials in the future.