

ANCIENT LAW PET WELLNESS

The At-Home Guide to Lymphatic Drainage Massage & Tuning Fork Therapy for Dogs

AN ILLUSTRATED, STEP-BY-STEP GUIDE FOR PET OWNERS



Holistic Veterinary Care & House-Calls — Palm Harbor, Clearwater, Safety Harbor & The Greater Tampa Bay Area
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Why Lymph Flow Matters

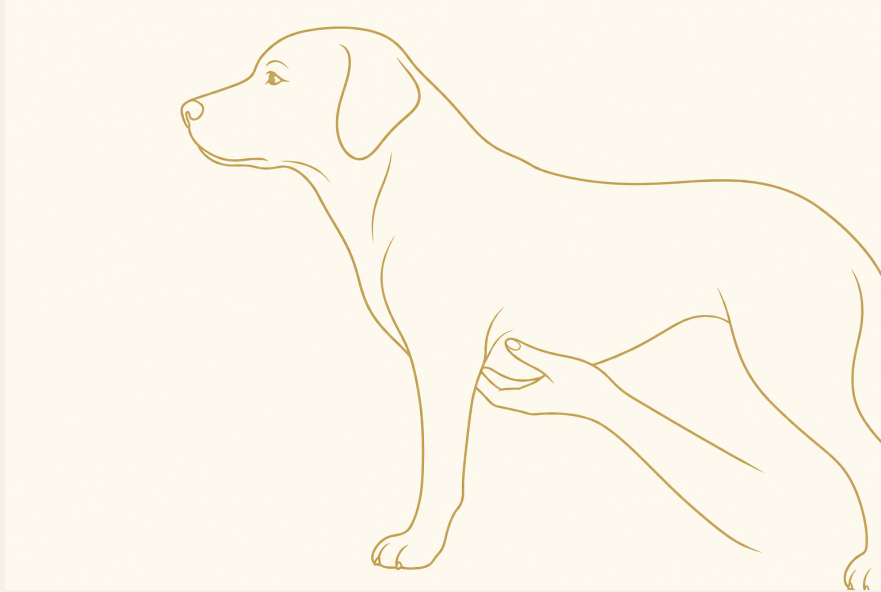
Your dog's lymphatic system works around the clock — filtering toxins, moving immune cells, and draining excess fluid from tissue. Unlike blood, which the heart pumps automatically, lymph has no pump of its own. It relies entirely on muscle movement, deep breathing, and outside stimulation like massage to keep flowing. For sedentary, senior, post-surgical, or recovering dogs, that can mean sluggish lymph — which shows up as puffiness, stiffness, slow healing, and a duller immune response.

This guide walks you through both techniques at home: manual lymphatic drainage (MLD) massage, and tuning fork (acoustic/vibrational) therapy. Keep sessions short, stay light with your pressure, and always coordinate with your veterinarian first if anything below applies to your dog (see the safety section at the end).

Before You Begin

- Choose a quiet space and let your dog lie down or stand comfortably.
- This is a wellness routine, not a treatment for a wound, active hot spot, or an area your dog is guarding.
- Sessions should run five to ten minutes, once a day or a few times a week — lighter pressure is always correct.

Step 1: The Armpit (Axillary Nodes)

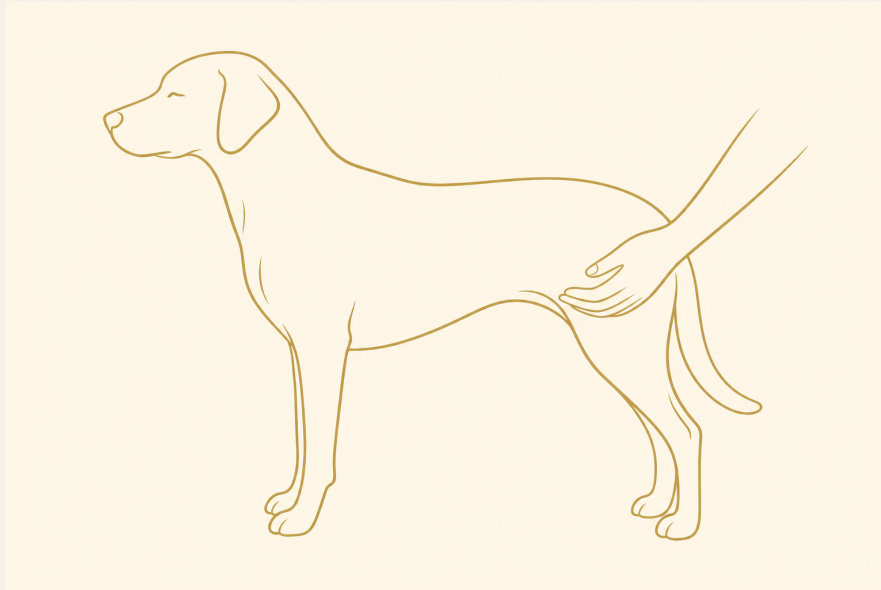


Cup the armpit gently and use slow, light squeeze-and-release pressure.

Cup your hand gently around the armpit (axillary) area behind the front leg. Use slow, light squeeze-and-release pressure — about as much weight as resting a hand on the fur, never a deep-tissue squeeze.

This is one of the two easiest lymph node clusters to reach, and it drains a large portion of the front half of the body.

Step 2: The Flank & Groin



Repeat the same gentle squeeze-and-release motion in front of the hind leg.

Move to the flank area, just in front of the hind leg, and repeat the same gentle squeeze-and-release motion you used at the armpit.

This clears the rear half of the body and pairs naturally with Step 1 to cover both ends of your dog's trunk.

Step 3: Neck & Shoulders



Lay fingers flat and draw gently downward and toward the heart — never away from it.

Along the neck and shoulders, lay your fingers flat (not fingertips) and draw them gently downward and toward the heart.

Direction matters here: lymph only flows one way, so always stroke toward the heart, never away from it.

Step 4: Head & Ears (Optional)

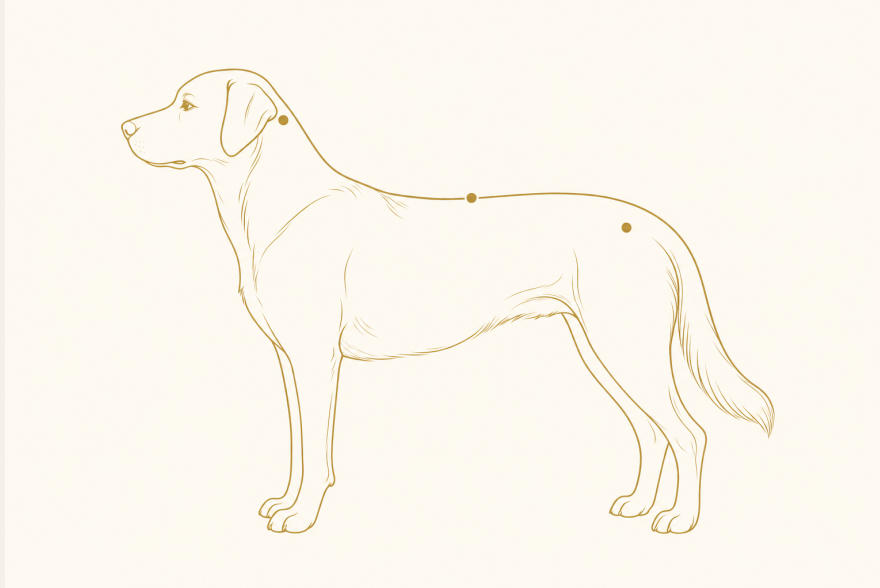


Light circular motions behind the ears and along the jawline drain the head and sinus area.

If your dog enjoys it, finish with light circular motions behind the ears and along the jawline to help drain the head and sinus area.

Many dogs find this deeply relaxing and will settle within minutes — a good sign the nervous system is easing.

Tuning Fork (Acoustic Vibrational) Therapy



Common starting points: behind the ears, along the spine, and over the shoulders and hips.

Weighted, low-frequency forks (the Otto 128 Hz or the 136.1 Hz "OM" fork are the most common) produce a deep tone that travels through bone and fascia when the stem rests directly on the body. The vibration is thought to help release tight or "sticky" fascia, similarly to manual massage but through sound instead of pressure.

- Activate the fork and hold it a few inches from your dog's ear first, so they can hear and sense the vibration and decide it's safe.
- Once your dog is relaxed, move to gentle body contact at the base of the skull, along either side of the spine, or over the shoulders and hips.
- Most dogs settle quickly — panting slows and eyes soften within a few minutes.

When to Check With Your Veterinarian First

Both techniques are gentle and low-risk for most healthy dogs, but please coordinate with your veterinarian before starting if your dog:

- Has a diagnosed heart condition, active infection, fever, or blood clotting disorder
- Has a known or suspected tumor — any new lump should be examined and diagnosed by your veterinarian before you stimulate lymph flow near it
- Is within the first 72 hours after surgery — your veterinarian or a trained canine rehabilitation professional should guide timing and technique during that early healing window
- Is pregnant, or has any condition your veterinarian is actively managing

Persistent, unexplained, or one-sided swelling — or any new lump — should always be examined by your veterinarian first. This routine is a wellness and recovery tool, not a way to diagnose or treat swelling of unknown origin.

Used appropriately, lymphatic drainage massage and tuning fork therapy are wonderful additions to a holistic wellness routine — supporting circulation, easing stiffness, and giving you a calm, hands-on way to check in with your dog's body regularly.

If you'd like a demonstration tailored to your own dog, our in-home Holistic House-Calls include hands-on instruction so you can continue the technique confidently between visits.

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