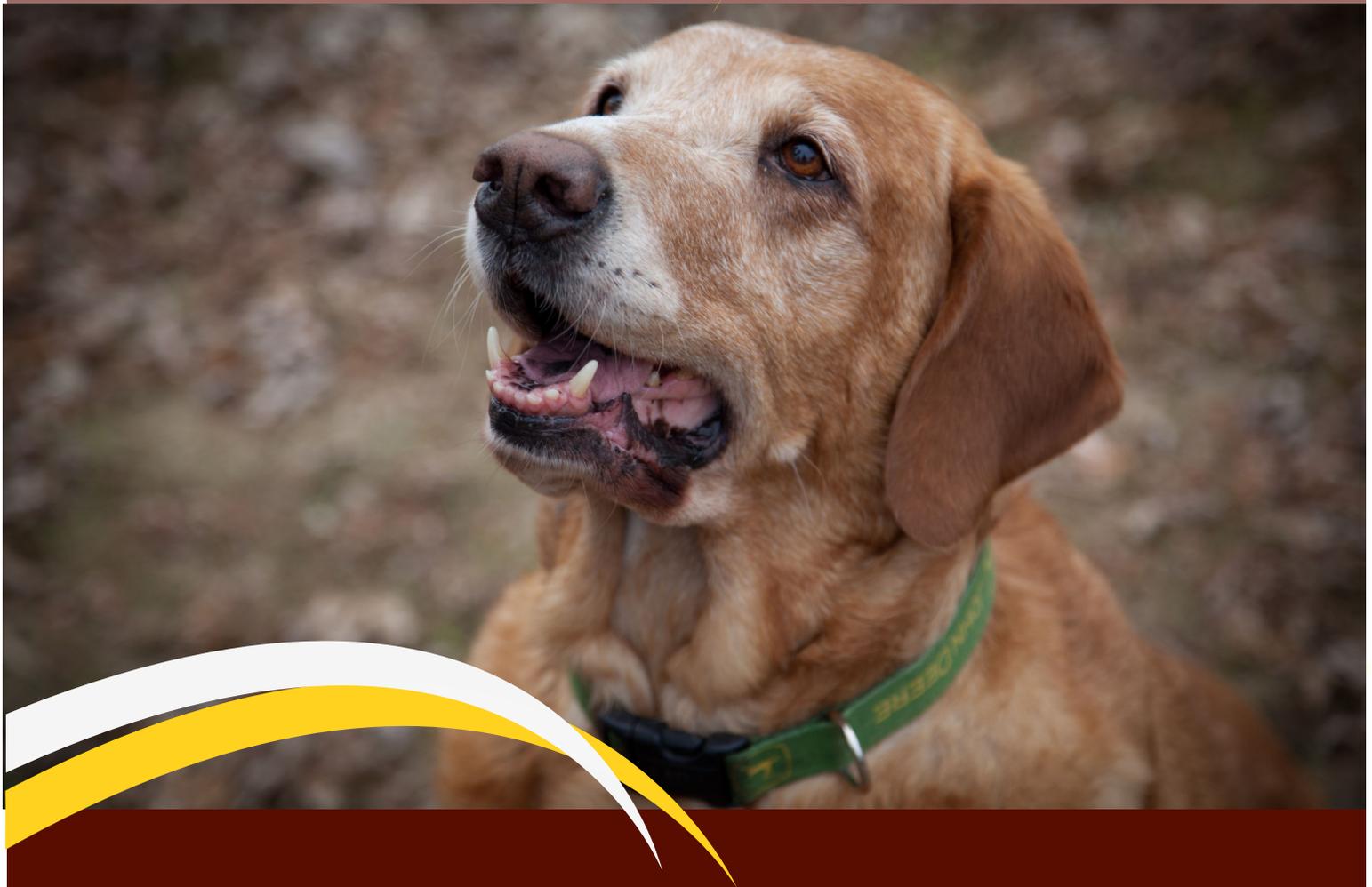


Armstrong Massage Therapy, LLC



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OUR MISSION

IT'S ALL ABOUT THE DOG

At Armstrong Canine Massage Program, the art of Canine Massage is taught in order for us to help all dogs be free of muscular discomfort and/or pain in order to enable them to do all they enjoy in life to the fullest.

Whether it's agility, hunting, Dog Shows, playing in the yard, going for walks, sitting on your lap or just enjoying retirement.

All Dogs are truly athletes, and like athletes, a little massage goes along way. The benefits of massage to our senior dogs are tremendous as well. Massage helps stimulate those old muscles that no longer get the use they once did and help loosen them up for easier mobility. Dogs benefit in the same way humans do through massage and we want to share that with them.

We take pride in focusing on Empathy, Compassion and Safe Gentle Care of our four legged friends. Together and/or working with your Veterinarian, Canine Chiropractor, or Dog Trainer we strive to help your dog achieve the utmost well-being and health through Massage. After all....It's All About the Dog!

CODE OF ETHICS

- ◆ **Always be professional!**
- ◆ **Give the most professional and the best services that you can to your client.**
- ◆ **Don't be prejudice or judgmental in any way with clients or colleagues.**
- ◆ **Show your excellence through continuing education and learning.**
- ◆ **Keep things confidential with the client, respect their privacy.**
- ◆ **Be cautious not to cause harm physically, mentally, or emotionally to the client.**
- ◆ **Practice within your scope of practice and all legal and regulatory requirements.**
- ◆ **Be truthful in advertising and marketing, refrain from misrepresenting your services, credentials, training, experience and ability.**

CANINE TEAM



Amber Dargis is a dedicated member of the veterinary field. After receiving her Associates in Veterinary Technology she pursued her passion in caring for animals as a lead technician at a small animal clinic in Osseo, MN. The years spent there created room for growth and further development but realizing there was something missing she turned back to her love of large animals; where she now uses that passion to care for many patients at the University of Minnesota Large Animal Facilities.

When Amber is not working, she spends her days studying to complete her Bachelors in Veterinary Technology Management and Equine nursing specialty and squeezes in time for her husband and their two pets. When getting the time to be with her husband, Levi, the two of them enjoy many outdoor activities such as boating, snowmobiling, and running together. Outside of the home and work days Amber also, maintains a running club and is a regional contact for American Association of Equine Technicians and Assistants.

CANINE TEAM



Hi, my name is Sara McDonough-Elsenpeter. I have always loved animals and learning. I grew up in a small town in Wisconsin where I was always bringing home sick animals and trying to talk my parents into keeping them. We lived in town and had a couple of Golden Retrievers. I trained all of the dogs in the neighborhood as well as my dogs to do all sorts of different things that my dad wished I wouldn't (like how to jump gates). During my years at college, I didn't have any pets, except fish, but I was able to get my animal fix by working on a dairy farm. That farm was my first experience with alternate options to health. After graduating from UW-RF with a BS in Animal Science, I was able to have animals again starting with the purchase of my quarter horse mare. Soon after that came my 1st Australian Shepherd. With the dogs came the dive into herding, agility, obedience, conformation, and training. I breed Australian Shepherds with kennel name Twin Bluff and my first litter is almost two years old.

CANINE TEAM



Juanita Lewis

Grew up in Tuttle, ND on a dairy farm & lived in Minnesota, Hawaii, & Fargo, ND. 2013 brought big changes with a move to a 17 acre farmstead by Cooperstown, ND. Since she was a little girl always loved animals & would sit

with sick critters for hours.

Since she is fascinated with anatomy & bio-mechanics it made sense to follow a path with massage & bodywork for animals. So in addition to being a hair stylist she was certified in ESMT (Armstrong Equine Massage) in 2014 & had advanced training in Masterson Method in 2014 (but has trained since 2012) & soon to be certified in K-9 massage early 2015. Juanita loves to learn & read on all modalities in the massage world. She then takes what is learned & applies it to her horses 1st. One of her favorite things to do is ride horse after cattle with her brothers or a cattle drive with neighbors & family. She loves training her own horses for riding & incorporates massage into her training. Juanita has 6 cats Max, Jake, (brothers from Adopt A Pet- 2002) Leo (2003), Mambo (adopted from Hightail Ranch & Rescue - 2014), Cooper & Midnight (brother & sister -2014), 4 horses starting with Layla in 2011, Ginger (Layla's daughter she had a few months after buying Layla SURPRISE!!! -2012), Carly (paint pony from Hightails- 2014)& Mariah (aka Golden Nugget-husband's horse-adopted Hightails -2014), 1 foster horse (Skiggit -fostering for Hightails- 2014) that is constantly teaching & challenging her to learn more modalities, 12 chickens & peacock & 1 Great Pyrenees (Buddy - 2014).

CANINE TEAM

Cynthia Werronen

My husband Jim and I live on a hobby farm in Milaca, MN along with our 5 dogs, 5 horses, 3 barn cats, several chickens and 1 potbelly pig.



In 1991, I graduated from the Twin City School of Pet Grooming with an Award of Excellence and have been grooming dogs ever since. I attend grooming and nutritional seminars to stay current.

My specialty is working with dogs that are afraid or difficult to groom due to past experiences in their lives by figuring out how to gain their trust and give them confidence as each can pose unique issues which can take months to a year to fix, but this is well worth the time and patience. I take pride in making sure a puppy's first groom is a positive learning experience as this session is so important since it will stay with them for the rest of their lives. It is of equal importance to me to take care in addressing the needs of older dogs' issues during the grooming process, such as blindness, deafness, pain from arthritis and age etc. and being able to communicate with them through touch and reading their emotions and feelings through their body language.

The last 24 years have given me a lot of breed specific knowledge and priceless experiences with training, handling, safety and canine behavioral issues.

CANINE TEAM



Hi, my name is Katie Raasch. I am the owner/operator of Heartland Ranch LLC out of Rothsay, MN. This is where I offer Horse Training, Boarding and Equine/Canine Massage. I first went to college at North Da-

kota State University for Vet Tech/Equine Science for two years. I then transferred and graduated in 2012 with an AAS in Equine Science from Minnesota Community and Technical College in Fergus Falls, MN. I graduated with academic honors and am now a member of the advisory board for the program as well as helping with the college's Equine Club-EquiUs. I have been active and working in the Equine Industry for 13 years from riding horses, working in barns and at horse shows, being barn manager to fulfilling my personal dream of owning my own business.

In early 2014, I added Equine Massage to my business. I received my certification from Leda Mox at Armstrong Equine Massage and now have Canine Massage under my belt as well. I have always had animals in my life from cats to gerbils to dogs and horses. I live on a farm where I run my personal business as well as operate a family-owned crop farm and raise beef cattle. There is no lack of animals in my world. I currently have four horses, one mini colt (Buster), two Quarter horse mares (Holly & Foxy) and one Percheron gelding (Bill). I also spoil four large dogs, a male and female Tibetan Mastiff (Hagrid & Ryder), a male Cane Corso (Django) and a very sweet female Saint Bernard (Ava). Well too many cats to list even though they are all named. All my animals keep me busy from training, going to dog shows, daily care, and massaging: Life on the farm. Each and every day, I learn something new from my animals and I know in this industry one will never know it all. I count my blessings daily and I know I am living a dream helping others through animals.

CANINE TEAM

My name is Janice Moe, my home is in Grand Rapids MN, and I have lived here all my life. I was raised on a dairy farm and have raised and trained animals of all kinds thorough out my life. Steve, my husband of 31 years, and I have a small farm and raise a variety of animals, Quarter horses, sheep, pigs, chickens, dogs and cats. We enjoy the sport of Cowboy Mounted Shooting and I have trained several horses for the sport, selling some of them as trained mounted shooting horses and utilizing some of them for our own use in the sport. We have been doing this sport for 12 years. We have traveled to Worlds twice, I take a lot of pride in the fact that we ride and shoot off horses that we have trained ourselves. We also enjoy trail riding having gone out west to the Medora ND area for several years now as well as many places here within Minnesota.



We have had a couple different breeds of dogs over the years, but as of lately we have English Springer Spaniels and Chesapeake Bay Retrievers that we bred and raise pups from in limited breeding. We train pups to hunt grouse, pheasants and waterfowl. I used to show in dog obedience classes and have been an assistant instructor for 4H dog obedience classes for years. I have al-

ways had both dogs and horses in my life.

I attended Lake Superior College for Massage Therapy and I am a Certified Massage Therapist for humans. I decided that the next step for my business was to go through the Equine Massage class and have been doing that since March. I own my own business "Jan's Moessage" for 5 years now and I am looking forward to working on Canines and adding them as clients to my business along with the horses. I love to be able to help people and animals feel their best whether it is from an injury or if it is from normal activities of everyday life.

Canine Muscles

1. **Levator Nasolabialis** - dilates nostrils & raises upper lip.
2. **Scutularis**- fixes and pulls the scutiform cartilage (ears) rostrally.
3. **Brachiocephalicus** - draws limb forward– if leg is planted draws neck and head to side.
4. **Trapezius** - elevates the limb and draws it forward.
5. **Latissimus Dorsi** - draws limb forward and possibly laterally, support the limb. Draw limb against trunk.
6. **Gluteus** - extends hip joint and assists medial rotation.
7. **Tensor Fascia Latae** - flexes hip joint, abducts limb and extends stifle.
8. **Semitendinosus** - extends hip and tarsal joints.
9. **Biceps Femoris** –extends hip and stifle joints.
10. **Obliques** –compresses abdominal viscera during urination, defecation and parturition
11. **Pectoral** - it adducts and retracts the forelimb
12. **Extensors** –extends leg
13. **Tricep** - maintaining the elbow at an extended position as the dog stands.
14. **Deltoid** - flexion of the shoulder
15. **Masseter**– raises mandible when closing the mouth.
16. **Sternohyoideus** –pulls tongue and larynx caudally– swallowing
17. **Sternomastoideus** - draws the head & neck to one side