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Photography: Red Fox Media

# EMMETT THERAPY

## *What to expect*

**I**n issue 16 we brought you news of EMMETT technique, a complementary muscle release therapy which is rapidly gaining popularity in the UK and 39 other countries, thanks to its non-invasive, painless approach to dealing with the discomfort associated with muscle tension.

This month we talk to Tony Sherry, founder of ECH Therapies and a leading Emmett practitioner, to take a closer look at what an EMMETT technique consultation actually involves and how a dog may respond.

### **How would you start a treatment with a dog?**

Firstly, as any professional associated with the well-being of a dog, the EMMETT practitioner will seek out the permission of the owner's vet before embarking on a treatment. Once consent has been gained – and with a growing number of vets referring themselves for EMMETT therapy training so that they are able to offer this service, this is usually straightforward – work can begin.

### **How do you prepare a dog for an EMMETT therapy session?**

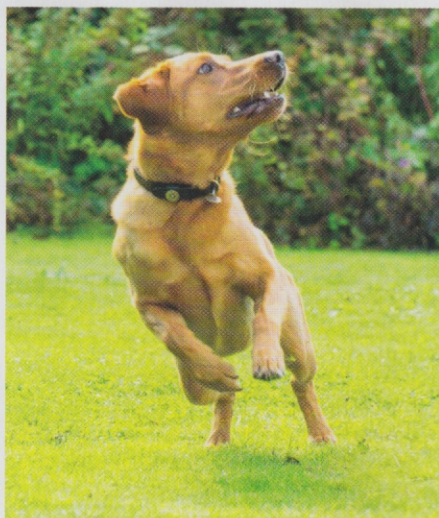
The beauty of an EMMETT therapy session for a dog is the total lack of drama that it represents. No trips in the

car (which for some dogs in itself represents an unsettling prospect) to a veterinary practice – which is potentially filled with a number of other stressed dogs who may not necessarily be on their best behaviour! No transporting your dog to a place where animals intrinsically congregate because they are experiencing some health-related issue, and therefore the potential risk of exposing your dog to bugs or viruses which thrive in a warm waiting room environment.

Instead, your EMMETT therapist may treat your dog in the comfort of his own home where he / she feels safe and secure. An EMMETT practitioner is trained to first and foremost, put your dog at ease and to only begin treatment if the dog is accepting of this decision. As a result, all dogs are handled with the utmost respect, every animal is able to retain its dignity without being forced into an unnatural situation – and that includes not being asked to sit up high, on a slippery examination table!

### **How long does it take?**

Central to the success of EMMETT is the fact that the dog will feel no pain during a session, which can last anything from 10 minutes to an hour. The length of the session is largely dictated by the dog, if he / she is happy with the light, finger pressure at specific points on the body then a





longer treatment is likely. In terms of the number of sessions a dog may require, a trained EMMETT therapist will never state that the animal must be treated for a set number of sessions, each dog has individual needs and the therapy must reflect this. Even for an acute issue, on many occasions just one treatment can suffice, with a top up session weeks or months later. For a more chronic condition, more treatments may be needed but the length of time between appointments becomes longer as the dog continues to improve. However, if the therapist /owner can see no positive change after a third treatment, the dog will be referred back to the vet or to another therapist.

### What is the response from the dog?

Because the therapy is so gentle it is possible to quickly gain the dog's trust as they begin to understand that this



is a pain free experience. During a session, dogs are likely to enter a relaxed, trance like state while a particular muscle is being worked on. When they wake from this and feel a sense of release, they will frequently go back to the therapist and seemingly 'ask' for the next part of their body to be worked on.

### What can the owner do to help their dog improve?

While specialist training is available to help owners learn the specific EMMETT technique (visit the ECH website for details, visit [www.echtherapies.co.uk](http://www.echtherapies.co.uk)), your EMMETT practitioner is likely to show you the odd correction that you can perform yourself, if this is in the dog's interest. This means that owners can help their dog's health condition continue to improve in between treatments. ↙

### An owner's experience

I first met Tony a year or so after taking on a huge old 7-year-old Great Dane called Jake. Danes often don't live beyond 7-8 but we wanted to give him a loving home for however long he had left. Unbelievably we were his 6th home. Jake was a sweetheart. Within the first year of taking him on, Jake developed a degenerative spinal condition which made him weak in his back end, unable to stand and lay down without help -although when he was on his feet, he was happy to walk and sniff around. However, because of his size he lost his confidence and eventually became quite depressed. The vet told me he probably had 3-4 months left to live and put him on steroids which gave Jake digestive issues. Not good! He went from a happy confident boy to a sad, depressed dog who had lost his sparkle. EMMETT therapy was suggested to me by a friend who'd heard that it works wonderfully to heal new and old injuries and an array of conditions in animals and humans alike. I thought I had nothing to lose as the vet now had nothing more to offer. This is when the stars aligned, and Tony Sherry came into our lives. With his kind, happy, professional and confident manner he treated Jake monthly, weekly and at the end, every couple of days which Jake always looked forward to. I smile when I remember looking out into the garden to see Jake and Tony on the grass, Tony trying to treat Jake while Jake continued to play fight with him. Jake loved Tony - actually our whole family did - as he sorted out all of our old aches and pains which was an extra unexpected bonus! Tony gave Jake two more happy and confident years of life and he lived to 10 which is a good age for a Dane. Tony went above and beyond to help us with our lovely boy, and we can't thank him enough! We are so lucky that Tony came into our lives.



"Dogs are likely to enter a relaxed state"

### CONTACT

■ To find out more about how Emmett might be able to help your dog, Tony Sherry can be contacted on 07748187458 or visit the website [www.echtherapies.co.uk](http://www.echtherapies.co.uk).

