

Tellington Touch or TTouch is a form of massage, ground exercises and training methods that help animals relax and focus, connecting their physical actions with appropriate emotional responses. TTouch is used to release fear, tension, and improve self-confidence so that learning, activity, or socialization can proceed. The Body Wrap is a TTouch technique that uses moderate pressure to comfort the mind and body during periods of stress, travel, loud noises, hyperactivity, or injury.

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1. Place the middle of an elastic or "Ace" bandage across the dog's chest. Bring both ends up and cross them over the shoulders, like wrapping arms around



someone in a hug. The wrap will “connect” all parts of the body: front, back, right, left, top, and bottom. The wrap needs to be snug, but check it periodically to be

sure it doesn't interfere with movement or circulation. The illustrations here are for a Half-wrap, but some TTouch practitioners may use a Cross-wrap.*

2. Cross the bandage over the top of the shoulder blades; this is a point of balance in 4-legged animals.

3. Next, cross the loose ends of the bandage under the belly.



4. Tie the loose ends over the top of the lower back. There should be a uniform pressure around the entire bandage. As the hair compresses you may need to re-tie the wrap to have a good fit. The wrap pictured here is hand-decorated!



When finished, the figure-8 wrap surrounds the dog with comforting pressure. The wrap may only be needed for a few minutes or it can be left on as long as necessary to relieve fear, tension, or anxiety. Dogs with thunderstorm phobia may have a new confidence once the wrap is applied. Try it on more than one occasion if you are not satisfied at first. You may also treat with a [Bach Flower Remedy](#) for emotionally challenging situations. There are Flower Remedies for fear, shyness, grief and many other destabilizing emotions or behaviors.

The wrap is one part of a holistic approach to mind-body wellness. Special cases will need more input from a TTouch practitioner, behaviorist, trainer, veterinarian and others to find the underlying problem and develop a long term plan for rehabilitation.



Special thanks to Maisie (left) and her caretaker Stephanie Karabaic