

BÁRBARA NORIEGA, LISBON, PORTUGAL

MILKA, MY LOVELY OLD LADY

Milka is now 12 and a half years, turning 13 in Jul, 1. She's a rescued lady dog born in the street, no specific breed. Apart from other issues (heart and Cushing's disease – under control for a few years), she's been suffering from joint/shoulder problems for about 2 and a half years now and it was getting worse on her left front paw. By this time she was already taking Omnicondro (articular protector with chondroitin and glucosamine), prescribed by her vet. But she still limped every other day. There was this one time, last year, that I had to take her to the vet so they could give her injections for the pain (this happened after a little training session where she run to me to touch my hand and when she stopped she immediately lift her paw and yelp). From time to time she has to do anti-inflammatory to help her deal with the pain. Last year she started to take, alongside with Omnicondro, half a pill of Neurobion a day (basically vitamins). A few months ago I changed, with vet agreement, to Kimimove and maintain the Neurobion. She did get better but still she would limp every other day. So in October I decide that it was time to go to an orthopedist to check her out. Did x-ray and there was nothing that could support the reason why she continued to limp. Then she started to limp almost daily (very very slightly, but you could notice her discomfort, especially when going down the street or when she walked at a slower pace).

By that time I had started to enroll the Ttouch Course so I decided to introduce her to Ttouch while doing the medication. She responded really well with the little I knew. To be honest, I wasn't expecting...I basically did Raccoon Ttouch, Abalone Ttouch and Clouded Leopard Ttouch. Also did some Ear Ttouch and Noah's

March. The first time she fall asleep. She looked at me like “aww that feels good” and her eyes roll over. After a week of daily Ttouches the improvements where remarkable. She stopped limping almost every day for limping only once a week. By the end of December 2016 she stopped limping completely. We continued with the Kimimove and the Ttouchs. I did try to remove the Kimimove with her vet consent (nothing against meds, but the lesser, the better), only couldn’t because after 2 weeks she would start giving signs of fatigue and some lameness, once again mostly in her front left paw. Although she was limping a lot less, she would still limp from time to time and she couldn’t cope without the medicines. This continue till January 2018.

Then I got my certificate and became a Ttouch Coach for companion animals. On January 2018 I decided to stop the Kimimove again after talking to her vet (since Kimimove it’s a supplement the vet agreed and if by any chance she got worse, I had indication to start giving it again). I really wanted to know if she could cope with it at this point.

Today, March 30, she makes 3 months without Kimimove and she’s, I’m proud to say, amazing! And it has been really cold and rainy here so I’m pretty sure that before Ttouch, she would probably had started limping again.

Now she has daily Ttouch sessions, about 5 minutes. I differ a lot and use a lot of other Ttouchs but mostly what works best for her is Zebra Ttouch, Turtle Ttouch, Raccon Ttouch and Abalone Touch. Recently I added the Python Ttouch with some lifts and the Leg Circles. Although her problem relies essentially in her paws, I learned that the all body needs work.

So this is for me, and guessing for Milka to, the magic of Ttouch! 😊

