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## Nanush

I received a call from Saskia to ask if I could assist. Her Dachshund, Nanush, was paralyzed from the middle of her back due to intervertebral disc disease. Nanush was under treatment from a veterinarian and had been on cortisone treatment for a while but as this was not working they suggested a spinal operation. The veterinarian could not give any guarantee that it would be successful and they weren't very optimistic about the outcome as quite some time had elapsed since the paralysis had set in.

Saskia did not have the finances for such an operation and asked the veterinarian if she could try an alternative treatment such as Ttouch. The vet agreed and Saskia phoned me.

When I saw Nanush I was concerned that I would not be able to help her but I could see the pleading in Saskia's eyes and so with a positive attitude I started Ttouch.

Nanush was very anxious throughout the first session. I started with Noah's March all along her body to try and help calm her. Gently I progressed to small joining circles along her spine and down into each paw. I always do these types of touches when I work with a paralyzed pet, as I feel it brings a feeling of connectedness to the body. I then put a full body wrap on her and did a little tail work. I did extremely gentle circles with the tail and long strokes from the base of the spine to the tip of the tail.

Nanush was constantly aware of where I was and where my hands were going to go next. She eyed me with a suspicious look and seemed agitated by what I was doing. The first session lasted for thirty minutes with a few breaks in between to give Nanush time to absorb the feelings that the touches were giving her.

When I left Saskia and Nanush I did not feel confident that I had achieved anything. Nanush had remained anxious throughout the session and I wondered if she had felt or taken in anything that I had tried to do.

I was so surprised the next day when I arrived to work on Nanush. Saskia was smiling from ear to ear and was so excited. She took me to Nanush and I was so shocked to see that little Nanush was attempting to walk. She was struggling and falling all over but she was trying. Also her tail was wagging, something that had not happened in weeks.

With renewed optimism we started the next ttouch session. This time I still did all the previous touches but instead of using about a one pressure I used about a two pressure. Nanush was definitely a lot more aware of what I was doing and a lot more

receptive to the touches. She seemed to sense that I was trying to help her and was more relaxed than the first session. Her little body was not tense and she yawned a lot during the session. She was panting but every now and again she would look at me with what looked like the biggest smile in her face. Gone was the suspicious look.

I started to teach Saskia the touches. I showed her the connected circles, clouded leopard and how to do the full body wrap. I was very insistent that Saskia include the whole body, the legs and the paws and whenever we finished a touch that included the paws, I asked her to just hold the paw in her a hand for a second to give the feeling of completing the move and connectedness. I also asked her to keep the touches at a level two pressure. Saskia was an amazing student and when I couldn't get to her she did the sessions on her own.

Within a week little Nanush was walking.

Nanush went on to live a normal life without any more spinal problems.

This was the first intervertebral disc disease case that I did and it set me up well for others that followed.

For me this case study held an important lesson. Not to over think whether my touches are working or not and to keep a positive attitude. I can only try and do my best and what will be, will be.

