



DeLong Massage Therapy

Therapeutic Canine & Equine Massage

E Newsletter September 2012

Joker's Injury

Several weeks ago, Joker injured himself in a freak pasture accident. The things these horses can get themselves into!

The injury itself was addressed immediately, by cleaning and treating the wound. But compensating for the injury, mandatory stall rest and eventual limited turn-out wreaked havoc on his muscles. Massage to the rescue!

Joker loved his first massage appointment and was grateful for the much-needed relief. His massage was enhanced by using two essential oils as aromatherapy. Lavender was used for its calming and wound-healing properties, and Lemongrass was used for its ability reduce muscular pain and inflammation.

The photo on the top right shows places that Joker showed some signs of compensating for the injury. (Remember the body is like a big puzzle. If one piece is out of place, the entire puzzle will be out of whack.) He was swinging his neck upward to help lift his painful leg. He also was putting minimal weight on the injured leg as evidenced by his partially-bent left knee and bracing with the right leg.

You can continue to follow Joker's massage appointments and recovery on my Facebook page located at: <https://www.facebook.com/pages/DeLong-Massage-Therapy/356677624400655>



Taste of Hamburg-er Event!

Saturday, September 1st from 10 AM – 6 PM

I have joined forces with [Rumblebea's Biscuits](#) to provide homemade beef biscuits for dogs to the first 200 attendees of the Taste of Hamburg-er Event who visit my stand. I will be located in front of [Blue Mountain Herbals](#) store on State Street along with [Blue Sky Therapeutic Massage](#) (for two-legged clients). Thank you to these three businesses for giving me the opportunity to partner with them for this event.

Visit the [Rumblebea's Biscuits](#) website to place an order online. All 20 flavors are gluten free, wheat free, dairy free, and best of all locally-made! Rumblebea's Biscuits supports greyhound adoption! <http://www.rumblebeasbiscuits.com/>

AWESOME WEBSITES - CHECK THEM OUT!!

- Ⓢ **Eastern PA Open Shows** <http://easternpaopenhorseshow.webs.com/>
Looking for something to do with your horse this weekend? Check out this website for a listing of local horse shows.
- Ⓢ **The Natural Horse Magazine** <http://www.naturalhorse.com/index.php>
An amazing publication filled with all things natural for the equine enthusiast. Print and online subscriptions available.
- Ⓢ **Canine Valley Training Center** <http://caninevalleytraining.com/>
Canine Valley offers doggie day camps, a doggie swimming pool and training classes. Canine massages are also available on site.
- Ⓢ **Living Well in Berks** <http://livingwellinberks.org>
This website is full of wellness providers such as health food stores and massage therapists. It also includes a calendar of upcoming events.

This e newsletter is published by J DeLong Massage Therapy. To subscribe or unsubscribe simply send an email to jdelongmassagetherapy@gmail.com and enter "subscribe" or "unsubscribe" in the subject line.

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