

Why Choose Equine Massage Therapy For Your Horse?

An article by
EQUINE MASSAGE THERAPY



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The horse, being a mammal, shares many features with its human cousin, including anatomy (both skeletal and muscular), physiology and psychology. We can therefore almost speak of 'comparative massage therapy' and readily adapt many of the techniques that we use on humans.

I've grown up with horses all of my life spending most of my teenage years in the show ring. Then as I began my schooling in massage therapy, so did my love for working on the horses, practicing techniques and self teaching myself the anatomy of horses during my summer breaks. Transferring

my knowledge from the human aspect of massage therapy to the horses, made perfect sense to me, integrating the two professions. It seemed as though I was destined for this, to expand on my passion for horses. I have 38 years of knowledge and experience with horses. I am a full-time Registered Massage Therapist and a part-time Certified Equine Massage Therapist with 17 years of practice. Recently I acquired the title Acupuncture Therapist. My passion for horses reflects in the work that I do with them.



Performance horses, like human athletes, work very hard to reach top results. A strong emphasis has been put on training, nutrition, prevention and palliative care to help them reach their maximum potential: to run faster, to jump higher and to accurately execute technically difficult maneuvers. Unfortunately, such performances result in unforeseen injuries, pain and prematurely worn-out animals. For a while, drugs were the solution to these problems, but over time the not-so desirable negative effects of drugs became a concern. Today, with drug-free horse competitions strictly enforced, there is a demand for alternative methods that keep highly exercised horses healthy

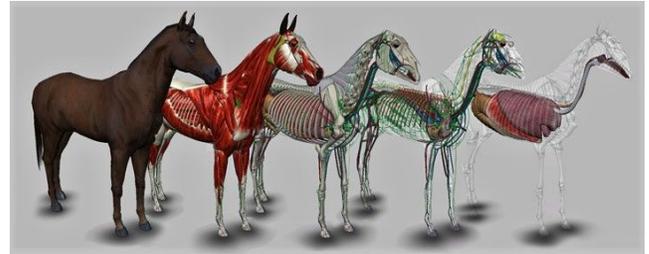
EQUINE MASSAGE THERAPY has advanced to the point where the horse is treated just like people. This service is the therapeutic application of massage therapy techniques developed and as used on humans, which are safe to be applied to the horse. With humans, massage therapy has been credited with decreasing muscle tension, muscle adhesions, and scar tissue, therefore increasing performance levels and endurance. Massage also assists in the prevention of debilitating muscular injuries and in speeding injury recovery time.

In comparison, the practice of equine massage therapy has proven it's ability to increased equine performance levels up to 20%. To anyone involved with athletic horses, this is the competitive edge you look for.



Muscular problems are the most common cause of poor performance of the horse, creating secondary issues such as decreased movement in the shoulders and hind end, not allowing the horse to place their feet in the appropriate setting. **EQUINE MASSAGE THERAPY** directly addresses these problems and allows your horse to compete at full potential. Massage therapy for horses is just like the human variety, using hands, elbows, forearms and tools such as treats lead

ropes for stretching, acupuncture and athletic taping which is becoming more popular.



Assessing the horse's gait followed by massage therapy will be able to detect any abnormalities and problems, and will help to avoid possible unforeseen complications that could be very costly to treat. Equine massage, just as in the human anatomy, not only does it feel good, it is also a therapeutic integral healing relationship in which the therapist assists the horse in restoring, maintaining and enhancing the well being of the animal. It is a holistic approach that affects all systems of the body: digestive, elimination, respiratory, circulatory, lymphatic, endocrine and nervous system.



EQUINE MASSAGE THERAPY is widely used to help the horse obtain relief from many specific problems including the follow:

- Post injury rehabilitation from surgery, a fall or trauma (trailerling)
- Muscle tension from heavy training
- Digestive and bowel problems such as colic
- Ill-fitting saddle and rider's seat
- Reduces swelling from kicks, repetitive strain of tendons and muscles and arthritic joints
- Prevention and release of stress due to travelling by land or air
- Helps to soften sharp character traits such as head shyness
- Prenatal and postnatal care. Even the foals receive tough therapy upon imprinting.
- Treatment for relief of ill-fitting shoes and farriering.



Taking a sensitive approach with horses is a must to provide a safe environment for both horse and therapist. A lot of people have asked me "It must be tough to work on a horse?" Actually no because the horse's layer of tissue is much thinner than that of our skin. So when I am introduced to a new equine client, I am always cautious with pressure and as the treatment plan

progresses, varies of pressure can be used. So there is a give and take here, and horses can understand some pain as therapeutic. As a therapist it is very important to understand their body language and know when to back off. When massage is employed with knowledge and skill, it not only treats specific health problems in horses, but it also improves their general health. Trust me... Your horse will love **EQUINE MASSAGE THERAPY**. Guaranteed!



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