



Equine Sports Massage Therapy helps muscles stay healthy and supple and also aids in healing of injured muscles.

Why Massage your horse ~ Prevention Is the Best Medicine

- Enhances muscle tone and increases range of motion
- Increases flexibility- which can help prevent injury
- Increases the flow of synovial fluid for joint health
- Releases toxin build-up and promotes increased circulation
- Removes spasms and adhesions in the muscles
- Speeds recovery to injured muscle tissue
- Restores mobility to injured muscle tissue
- Creates balance in the body
- Reduces stress
- Generally improves the disposition of the horse

Signs of Muscular Problems

- Head tossing ~ bucking and kicking
- Stiffness ~ inhibited motion
- Improper tracking forward, back, or laterally
- Resistance when bending &/or backing
- Short, choppy strides ~ Hind leg scuffing
- Girthing problems
- Showing signs of resistance or refusal of leads and other actions
- Unwilling or unable to walk up or down inclines
- Poor disposition, eating, or sleeping habits
- "Off" for no apparent reason