



Equine Massage

Denise Bean-Raymond



Equine Massage:

Equine Massage Jean-Pierre Hourdebaigt, LMT, 2007-05-21 A long awaited update of the classic equine massage reference Fully revised and updated this new edition provides step by step instructions and more than 180 photographs and diagrams to help riders and professionals alike master equine massage techniques This authoritative guide provides detailed information about massage movements pressures rhythms and sequences It includes An introduction to equine anatomy physiology and kinesiology Practical information on stretching and hydrotherapy Four new chapters covering equine myofascial massage Equine TMJ temporomandibular joint Dysfunction Syndrome Equine Muscular Compensation Phenomenon and saddle fitting A conformation check up routine Information about areas of stress specific to each discipline and different massage techniques and routines for different situations Equine massage enhances the performance and quality of life of horses by increasing flexibility reducing stiffness improving attitude and shortening recovery time from injury In addition to its many health benefits equine massage strengthens the bond between the horse and his owner trainer or groom Using these techniques you ll learn to see with your hands and sense areas that need special attention Equine Massage Second Edition is truly a hands on guide to proven massage techniques that improve a horse s well being Equine Muscle Magic Nairn Jackie Nairn, Jackie Nairn, 2010-04 Equine Muscle Magic was designed for every horse owner in a user friendly step by step fashion so that you can make profound changes in your horse s health and performance through massage At the same time you will build a multi level connection in your human horse relationship deeper than can be imagined Learn how to clear your mind perform stretches for horse and rider success and master the mechanics of a successful equine massage A 10 minute massage will get you started Then understand the importance of building a Body Map and finally be able to perform a one hour full body massage for your specific equine discipline **Step-by-Step Equine Massage** Cherry Baldridge, Candy Sipka, 2001-11-15 Relieve Soreness Improve Flexibility and Keep Your Horse Sound Does your horse have a nagging soreness that won t go away Does a mystery lameness come and go without obvious cause Has your horse s performance deteriorated over the past few months Do you want to prevent these problems from happening If your answer is yes then equine massage can help Massage therapy is an excellent tool for preventing and relieving muscle soreness in horses With the simple step by step techniques outlined by sisters Candy Sipka and Cherry Baldridge you ll be able to identify and solve muscle soreness on your own or with the assistance of a professional equine massage therapist You ll learn the proper massage techniques and where to use them on a horse simple stretches that can restore or improve a horse s flexibility and even the proper position to take when working hands on with a horse **Step-by-step Equine Massage** Candy Sipka, Cherry Baldridge, 2001-01-01 Relieve Soreness Improve Flexibility and Keep Your Horse Sound Does your horse have a nagging soreness that won t go away Does a mystery lameness come and go without obvious cause Has your horse s performance deteriorated over the past few months Do you want to prevent these problems from happening If your answer is

yes then equine massage can help Massage therapy is an excellent tool for preventing and relieving muscle soreness in horses With the simple step by step techniques outlined by sisters Candy Sipka and Cherry Baldridge you ll be able to identify and solve muscle soreness on your own or with the assistance of a professional equine massage therapist You ll learn the proper massage techniques and where to use them on a horse simple stretches that can restore or improve a horse s flexibility and even the proper position to take when working hands on with a horse

The Horse Lover's Guide to Massage Megan Ayrault, Megan Ayrault Lmt, 2023-01-07 It s a fact Massage helps your horse be healthier and happier This book will help you understand the many benefits of equine massage and bodywork Learn basic massage techniques to support the physical and emotional wellness of the horses you love What will horse owners learn in this book Detect problem areas more easily Valuable tools to provide basic pain relief Aid healing to help your animals become more comfortable Six ways that massage works and why Simple step by step techniques using beautiful color photographs How to identify your animal s stress and dysfunction Learn to improve your touch skills Tips on finding and working with a professional Find out why horse owners use this book to support their animals health and well being Buy it today [Basic Equine Massage & Bodywork](#) Marguerite Chipp-Matthews, 2014-01-27 How to administer equine massage and bodywork Detailed instructions and full color photographs *Fitness Evaluation of the Horse* Jean-Pierre Hourdebaigt, LMT, 2008-09-16 This guide helps horse owners riders and trainers at all levels learn how to assess any horse s fitness strengths and weaknesses If you re buying a horse this will help you pre assess prospects before getting the complete veterinary examination If you own a horse these techniques will help you better understand your horse s aptitudes customize a training program identify signs of strain and provide better care for your horse Features step by step instructions and almost 200 photos and drawings showing the proper positioning and approach for the techniques described *Beyond Horse Massage* Jim Masterson, 2011 Developed to improve performance in equine athletes competing in high demand environments from show jumping harness racing and endurance to reining and barrel racing this interactive touch method of equine message teaches any horse owner to recognize and use the responses of the horse to find and release accumulated tensions Intuitive and interactive this unique method enables the horse to actively participate in relieving strained muscles With direction on where to begin on the horse s physique step by step instruction for employing various techniques included in the method and detailed coaching for different breeds and disciplines this guide offers a unique opportunity to connect horse and rider resulting in superior health and performance *Equine Massage* Stuart J. Farnell, 1994 [The Basic Principles of Equine Massage-Muscle Therapy](#) Mike Scott, 2003-12 This is more than just a book about Massage The book covers massage applications anatomy stretching conditions physiology adjunctive therapies and saddle fitting The easy to use format is extremely helpful There are margins on each page for note taking at a glance tables in the applications and anatomy sections and clearly understood photographs The book has been used as a guide for the professional as well as a starting point for the layperson or aspiring therapist

Methods described in the book are safe for both the horse and owner *The Complete Idiot's Guide to Massage* Joan Budilovsky, Eve Adamson, 1998 Outlines the history and benefits of massage and tells how to use massage to reduce stress improve circulation and soothe aching muscles Careers with Animals Ellen Shenk, 2005-02-23 A much needed guide to animal related professions Careers with Animals is a vital resource for the animal lover looking to plan his or her future Author Ellen Shenk provides straightforward and accurate introductions to a wide range of potential careers everything from familiar jobs such as veterinarian and zookeeper to cat breeder animal chiropractor dog show judge and other more unusual pursuits Amazon **Equine Massage** Jean-Pierre Hourdebaigt, 1997-02-05 Describes horse anatomy physiology and kinesiology presents step by step instructions for equine massage provides massage routines and covers hydrotherapy stretching and areas of stress common to specific sports and disciplines **Beyond Dog Massage** Jim Masterson, 2023-11-30 Improve your dog's movement comfort and longevity while opening exciting new doors to better communication and a more meaningful relationship We all want our dogs to live pain free and we all want ways to connect with them The Masterson Method is an interactive approach to animal bodywork that follows and uses responses of the animal to your touch to find and release tension in areas of his body that affect His ability to get around His physical and mental well being The quality of and length of his life His connection with you and other humans and animals A lifelong horse person Jim Masterson developed his method for the purpose of releasing tension and improving movement in the performance horse An interesting benefit was that it led to improved communication and trust and a better overall relationship with the horse Since dogs go with horses like peanut butter and jelly Jim says it was only natural that he began to use his bodywork on canines too The techniques used in the Masterson Method rely on reading and following the subtle changes in the dog's body language as you work with him Once you learn to read his body language you will be on the same page and communication is established Your dog recognizes that you understand what his body language is saying that there is no threat to his well being and that he feels better when you work with him In these pages you will learn the steps to incorporating the Masterson Method in your dog's life bringing happiness to both of you By using these techniques and knowing the responses to look for you will be able to Achieve a release of accumulated stress in deep seated key junctions of the dog's body that affects mobility comfort attitude training and performance Restore muscular and structural balance and natural alignment Discover new levels of communication and trust with your dog that spill over into other areas of interaction This book includes Step by step instructions color photographs and detailed illustrations Tips and techniques understandable anatomical explanations and examples from Jim's personal experiences with hundreds of dogs A quick reference section that points you toward exercises specifically suited to your dog's breed or activity 20 bonus QR codes supplying 38 minutes of instructional video The Masterson Method is practical easy to use and results oriented You see the results in the dog's responses during the bodywork and in his behavior comfort and movement afterward Beyond Dog Massage is the ideal

instructional guide for all those seeking a better quality of life for and deeper connection with their dogs

Inviting Equine Harmony: A Holistic Approach to Horse Wellness Pasquale De Marco, 2025-03-23 In a world where the bond between humans and horses transcends mere companionship Inviting Equine Harmony A Holistic Approach to Horse Wellness emerges as a beacon of hope guiding horse owners and enthusiasts toward a profound understanding of holistic healing practices This comprehensive guide unlocks the secrets of nature s pharmacy empowering readers with the knowledge to harness the healing power of plants herbs and homeopathy to restore and maintain equine well being Delving into the ancient art of herbalism this book reveals the remarkable properties of plants that have been revered for centuries for their ability to address a wide range of equine ailments From digestive issues to respiratory problems and skin conditions readers will discover how to create customized herbal remedies tailored to their horse s unique needs Beyond physical remedies Inviting Equine Harmony explores the profound connection between mind body and spirit in horses It guides readers in recognizing signs of stress anxiety and depression in their equine companions offering practical strategies for promoting emotional well being and fostering a supportive environment The book also emphasizes the importance of preventative care providing valuable insights into nutrition lifestyle factors and routine checkups that contribute to lasting equine health and longevity With a focus on empowering horse owners it includes tips for creating a customized diet plan that meets the specific nutritional requirements of each horse ensuring optimal performance and vitality Captivating case studies bring the transformative power of holistic therapies to life showcasing real life examples of horses who have experienced remarkable healing journeys From overcoming laminitis with a holistic approach to resolving behavioral issues with homeopathy these stories offer tangible proof of the profound impact that natural healing modalities can have on equine well being With its in depth exploration of holistic healing practices Inviting Equine Harmony stands as an invaluable resource for horse owners riders and equine professionals seeking to nurture a deep connection with their horses and unlock the secrets of equine harmony If you like this book write a review

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Equine Electro-Acupressure Donald Doran, Lesia Stahl Lmt, Donald Doran Lmt, 2011-09-30 Equine Electro Acupressure is a must have DIY book for all competitive equestrians who are dedicated to enhancing their horse s health and maximizing their horse s athletic potential This book teaches horsemen and women how to perform Equine Electro Acupressure treatments on their own horses Developed by Equine Performance Consultant Donald

Doran the techniques presented in Equine Electro Acupressure are a reflection of Doran's 40 years of hands on experience working with a broad spectrum of equine athletes ranging from Kentucky Derby winners to Olympic contenders Equine Electro Acupressure is a hybrid equine bodywork modality that combines modern science and technology with ancient knowledge of massage energy meridians and acupoints The net effect is a fast effective method of getting a horse out of muscular pain and maximizing her her athletic performance without the use of drugs surgery or invasive procedures In the fiercely competitive world of equine sports properly fitting equipment cross training and frequent equine bodywork often make the difference between bringing home the prize money or coming home empty handed However for many horse owners regularly scheduled equine bodywork is often limited due to lack of availability and or financial constraints This book empowers motivated horse owners with the ability to use this new revolutionary form of equine bodywork for the benefit of their own horses on a regular cost effective basis Step by step instructions teach equestrians how to use a TENS unit to provide their horses with muscle and acupoint stimulation previously only available through a professional acupuncture session The book provides treatment plans full color photographs and location descriptions of muscle points and acupoints used to treat the following common problem areas in the performance horse Upper and Lower Neck Mid and Lower Back Shoulders Hindquarters Hamstrings Quadriceps and Stifles When the stakes are high Doran relies on Equine Electro Acupressure in his own practice to treat Olympic competitors and championship horses Doran offers training in this modality to horsemen and women as part of the Equine Sports Therapy course curriculum at Animal Dynamics

Massage Techniques for Horse and Rider Mary W. Bromiley, 2002 This is the first book to cover in depth the circulatory muscular and nervous systems of the horse and rider as they relate to massage The author describes in detail the surface anatomy of both horse and man and shows how the muscles in both species are affected by movement The various techniques effects and end results of each type of massage are thoroughly covered The superb photographs and detailed lined drawings make this a must for all those involved in equestrianism and interested in massage

Careers With Horses Vicki Hogue-Davies, 2012-04-03 The comprehensive guide to finding your dream job

[The Illustrated Guide to Holistic Care for Horses](#) Denise Bean-Raymond, 2009

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