



EQUINE SPORTS MASSAGE: THE WHAT, HOW AND WHY

I am sure you will agree with me when I say our horses are amazing, but yet we ask so much from them, whether you compete or just enjoy the countryside with your four legged friend, all horses and ponies can benefit from massage, as can we ourselves.

So what is Sports Massage? Its the manipulation of muscles to enhance the function and promote relaxation along with overall well-being. How much do you ache after a competition or long ride, ever thought your horse maybe suffering too?

If you can relate to any of the things below, your horse could really benefit from a Sports Massage

- Change in behaviour or temperament – bucking, rearing, sudden dislike of being groomed etc
- Secondary muscle problems due to ailments – arthritis, old injury
- Has your horse had a fall, with you or in the field?
- Jumping problems – refusing, rushing on landing etc
- Schooling problems - lack of bend, incorrect lead in canter or reluctance to go forward
- Or maybe you just feel something is not quite right but cannot place it

Did you know a minor muscle injury can take up to three months to become apparent, by which time it may cause a more serious injury. Massage can be a fantastic preventative treatment, why wait till it all goes wrong?

What are the benefits I hear you ask, well I have listed some below

- Helps reduce the risk of injury by keeping muscles healthy
- During rehabilitation or box rest – aids recovery and helps prevent muscle atrophy
- Improves temperament by promoting mental relaxation
- Improves and maintains suppleness and range of movement
- Helps with on-going medical problems like bone spavin, where secondary back pain can occur.
- Or just general maintenance to keep your horse in prime condition to do the tasks you ask.

Julia Shearn is a fully qualified and insured member of the Equine Sports Massage Association, and all treatments are carried out with vets permission.

Please visit her web site www.juliashearn.co.uk to see more benefits of Sports massage and how it can help your horse, or alternatively how massage can help you.

Massage is not just for the competition horse! So why not give Julia a call on 01264 781316 or 07743 858684 and see what a difference massage can make to you and your horse.

With this article you will receive a **£10 discount** on your horse's first treatment, so why not give massage a try.