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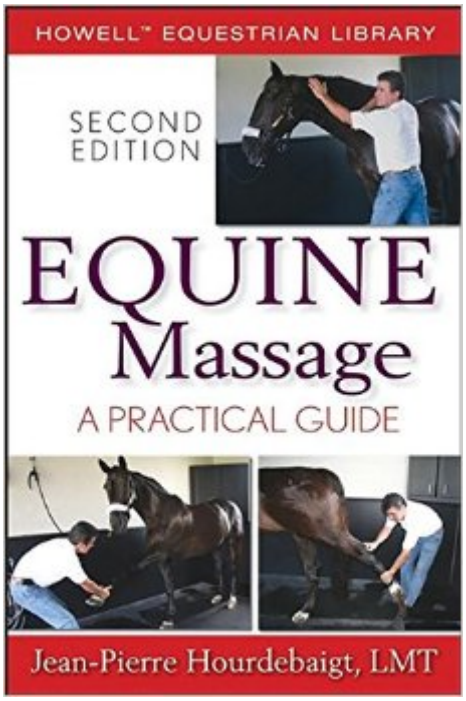
Equine Massage: A Practical Guide (Howell Equestrian Library (Paperback))



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Synopsis

A long-awaited update of the classic equine massage referenceFully 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 situationsEquine 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.

Book Information

Series: Howell Equestrian Library (Paperback)

Paperback: 352 pages

Publisher: Howell Book House; 2 edition (March 1, 2007)

Language: English

ISBN-10: 0470073381

ISBN-13: 978-0470073384

Product Dimensions: 6.7 x 0.8 x 9.3 inches

Shipping Weight: 1 pounds (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 starsÂ Â See all reviewsÂ (40 customer reviews)

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Customer Reviews

This is the WOW book to which the title refers. . . It is, for lack of a better description, "everything

you need it to be".As a Clinical Massage Therapist I have become accustomed to dealing with physicians and their patients. . . When I got a call from a VET I was, well, taken aback. Having been a CCMT for many years, I knew what to expect and where to find problems in a HUMAN, but this book filled in absolutely every gap I could have come up with in regards to equine physiology, anatomy, kinesiology and the basics of "don't do this around a horse if you want to make it to your next patient" . . .To start off with, it's spiral bound so it's super easy to take to the stable! The illustrations are terrific and the text doesn't speak to you like you're a fifth grader; it assumes that if you're working on horses, you at least know the basics of working on humans. And finally, it's encouraging. . . It let's you know some of the pitfalls before they happen and how to avoid them.I'm really glad I picked this one up!I strongly recommend it for anyone interested in Equine Massage!

This is a great book. It is filled with excellent charts and illustrations, as well as thorough explanations of techniques the average horse owner/lover can use to help create and increase wellness in their horse.The book covers the following: Anatomy and Physiology of the Horse; The Horse and Massage Therapy; Principles and Concepts of Massage; Hydrotherapy; Massage Techniques and Routines; Kinesiology of the Horse; Stretching; Conformation Check-up Routine; Body Parts and Their Stress Points; Areas of Stress Specific to Each Discipline; Keeping Records.This book begs to be taken to the stable with you, and the format makes it easy to use there. It is spiral bound, which makes it easy to leave open to a section from which you're working, and the cover is easily wiped off if it gets dirty (not that we ever get dirty at the barn, eh?). All in all this is a marvelous book, don't hesitate to buy it!

For less than a fraction of the cost of a single massage session, utilizing the techniques in is wonderful book enables you to free up your horse from aches, pains, and holding patterns at a minimum. The charts and diagrams alone are worth the price.In a few short sessions, I have been able to reduce swelling from a deep hematoma in a horse I work with who suffered a recent fall, just one example of improved circulation. He is more relaxed, moves more freely, is comfortable in his own skin now, and more able to learn. It also does wonders for deeper bonding and improving your relationship.This book is well thought-out, easy to use, and the spiral binding is very useful. Mr. Hourdebaigt is one of few masters in the relatively new field of ESMT. One does well to learn from him.

I already had a few basic massage techniques from my equine physio and this book is exactly what

I wanted to further my knowledge.The beginning of the book includes a series of clear detailed anatomical pictures. One of the final sections looks at the kinesiology of the horse and common injuries, stress points and problems for various sporting disciplines.Each technique is then described and shown. Practical hints such as using your bathroom scales to work out what 'X'lbs of pressure feels like, abound.To make the book even better there are then sections which describe what various 'routines' might be made up of (relaxation for instance) and how long to spend etc. There are also recommendations for how to start with a new horse, body signals to look for and when you may need a helper.

It's amazing how easy it is to follow the author's instructions. I actually didn't know how to massage but I took the book with me to the barn and worked on my horse. Almost immediately, I could see the difference. He was moving more freely. His back felt much better. Later I used it on his legs to reduce swelling. Now when his leg swells or his back stiffens, I know what to do. If only I could get someone to do this for me.

This book is amazing...I love it...I keep it at the barn so I can use as much from it as possible...the hydrotherapy section was probably the best I've read on the subject concerning application and techniques with horses...the many pictures are very helpful as added instruction...I would recommend this book to anyone with a horse for any purpose...The discipline-specific massage routines in the back of the book were a major help...they shed light on what you should be doing for your particular horse and why...

Excellent information in easy to read spiral bound text. All of the techniques given were used by the massage therapists I've used over the years and spent $100's on. Simple daily routines to diverse self diagnosis are possible with this book. What more can you ask for? My horse and I love it!!

Having been an equine bodywork practioner in So. Cal for over a decade, I have looked at many massage books. This book is by far the most comprehensive as far as anatomy and function of the horse. One word of caution, be careful when performing the stretches he demonstrates in the book, not always the best human biomechanics are used!

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