



# Mabage For Horses

**Nairn Jackie Nairn, Jackie Nairn**

## **Mabage For Horses:**

*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. **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. *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. *Beyond Horse Massage* Jim Masterson, 2011-11-15 Would you like to enable your horse to perform and feel better to overcome old limitations and restrictions and reach its full potential? In this book, Jim Masterson, Equine Massage Therapist for the 2006 and 2008 and 2010 USET Endurance Teams and for equine clientele competing in FEI World Cup, Pan American and World Games competitions,

teaches a unique method of equine bodywork in which the practitioner recognizes and follows the responses of the horse to touch to release tension in key junctions of the body that most affect performance This practical book has step by step instructions photographs and illustrations is ideally suited to accompany you to the barn where you will practice the Masterson Method techniques on horses includes chapters with Tips Techniques anatomical explanations and examples from Jim s practice help deepen your understanding has a quick reference section will point you to exercises that are specifically suited to your particular discipline may it be dressage endurance eventing or barrel racing or others in the vast realm of horse sports By using these techniques and knowing the responses to look for you are able to achieve a release of accumulated stress in deep seated key junctions of the horse s body that affects mobility comfort attitude training and performance restore muscular and structural balance and natural alignment enable your horse to perform optimally and respond to your training without stiffness and pain achieve new levels of communication and trust with your horse that spill over into other areas of interaction

[The Horse Lover's Guide to Massage](#) Megan Ayrault, Megan Ayrault Lmt, 2023-01-07 It is 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

*Beyond Horse Massage* Jim Masterson, 2011 Would you like to enable your horse to perform and feel better to overcome old limitations and restrictions and reach its full potential In this book Jim Masterson Equine Massage Therapist for the 2006 and 2008 and 2010 USET Endurance Teams and for equine clientele competing in FEI World Cup Pan American and World Games competitions teaches a unique method of equine bodywork in which the practitioner recognizes and follows the responses of the horse to touch to release tension in key junctions of the body that most affect performance This practical book has step by step instructions photographs and illustrations is ideally suited to accompany you to the barn where you will practice the Masterson Method techniques on horses includes chapters with Tips Techniques anatomical explanations and examples from Jim s practice help deepen your understanding has a quick reference section will point you to exercises that are specifically suited to your particular discipline may it be dressage endurance eventing or barrel racing or others in the vast realm of horse sports By using these techniques and knowing the responses to look for you are able to achieve a release of accumulated stress in deep seated key junctions of the horse s body that affects mobility comfort attitude training and performance restore muscular and structural balance and natural alignment enable your horse to perform optimally and respond to your training without stiffness and pain achieve new levels of communication

and trust with your horse that spill over into other areas of interaction      *Massage for Horses* Mary Bromiley,1996 This handbook demonstrates how to apply massage techniques to enhance your horse s performance health and well being It discusses the circulatory and lymphatic systems different techniques such as effleurage and petrissage massages for different activities and hand strengthening exercises      *Practical Horse Massage* Renate Ettl,2005-12-01 Practical Horse Massage puts massage techniques and stretching exercises into perspective and is easy to learn Alaska Horse Journal If you ve ever thought that massage or stretching could benefit your horse Practical Horse Massage is an easy but thorough read Horse Illustrated Well illustrated with color photographs the author leaves nothing to chance and makes sure the reader will understand the various massage procedures by using pictures as well as text instructions The Northwest Horse Source This book provides a complete introduction to horse massage with easy to learn techniques and exercises It is a book for everyone who wants to help their horses to relax and regenerate after competitions or long rides      **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      *Sports Massage for Horses* Pennie Hooper,2005 The basics of equine sports massage using simple techniques such as compression and cross fiber friction      *Horse Massage for Horse Owners* Sue Palmer,2012 This book is a must for anyone who would like to improve the health wellbeing or performance of their horse Practical educational and easy to follow the author shares with you the knowledge and skills you need to massage your own horse      **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

**Equine Massage** Stuart J. Farnell, 1994 Massage Techniques for Horse and Rider Mary W. Bromiley, 2010 New in paperback this classic text is essential for all those involved in equestrianism from the backyard rider to top competitors worldwide Massage as a curative treatment has been practiced in China since around 2700 BC and has long been established as a highly effective therapy for both horse and rider In this authoritative book leading veterinary physiotherapist Mary Bromiley introduces the reader to the benefits and techniques of both Eastern and Western massage for horse and rider Covering in detail the surface anatomy circulatory muscular and nervous systems this book enable the reader to identify and understand the reasons and philosophies underlying the many different methods and types of massage

**Physical Therapy and Massage for the Horse** Jean-Marie Denoix, 2021-06-29 The authors a world leader in equine anatomy and imaging and a horse physiotherapist of international repute provide a unique blend of basic biomechanics and practical physical therapeutic techniques to relieve pain and improve performance particularly in the sporting horse This subtle and original book will be of interest to all those involved in equine welfare including veterinary practitioners veterinary students therapists horse owners riders and trainers

APPROCHE DE LA KINESITHERAPIE DU CHEVAL. 2ème édition Jean-Marie Denoix, Jean-Pierre Pailloux, 2001 A unique blend of basic biomechanics and practical physical therapeutic techniques that relieve pain and improve performance in the horse

*Beyond Dog Massage* Jim Masterson, 2025-11-04 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. Beyond Horse Massage Wall Charts Jim Masterson, 2015

**Dressage Horse Optimized with the Masterson Method** Jim Masterson, 2025-11-04. Would you like to enable your horse to perform and feel better to overcome old limitations and restrictions and reach its full potential? In this book Jim Masterson, Equine Massage Therapist for the 2006 and 2008 and 2010 USET Endurance Teams and for equine clientele competing in FEI World Cup Pan American and World Games competitions, teaches a unique method of equine bodywork in which the practitioner recognizes and follows the responses of the horse to touch to release tension in key junctions of the body that most affect performance. This practical book has step by step instructions, photographs and illustrations, is ideally suited to accompany you to the barn where you will practice the Masterson Method techniques on horses. Includes chapters with Tips, Techniques, anatomical explanations and examples from Jim's practice help deepen your understanding. Has a quick reference section will point you to exercises that are specifically suited to your particular discipline, may it be dressage, endurance, eventing or barrel racing or others in the vast realm of horse sports. By using these techniques and knowing the responses to look for you are able to achieve a release of accumulated stress in deep-seated key junctions of the horse's body that affects mobility, comfort, attitude, training and performance. Restore muscular and structural balance and natural alignment. Enable your horse to perform optimally and respond to your training without stiffness and pain. Achieve new levels of communication and trust with your horse that spill over into other areas of interaction. **Basic Principles of Equine Massage**, 2007-03. Learn basic anatomy, stretching exercises, muscle construction, movement evaluation and technique and application of equine massage principles.

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