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Equine Massage: A Practical Guide

Jean-Pierre Hourdebaigt

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Equine Massage: A Practical Guide Jean-Pierre Hourdebaigt
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
* A handy comb-bound format that lays flat for convenient use in the stable

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.

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