

Why Massage?

Massage therapy is recognized as one of the oldest methods of healing, with references in medical texts nearly 4,000 years old. In fact, Hippocrates, known as the “father of medicine,” referenced massage when he wrote, in the 4th century B.C.: “The physician must be acquainted with many things, and assuredly with rubbing.”

Now days, in addition to “rubbing,” massage therapy, often referred to as bodywork or somatic therapy, refers to the application of various techniques to the muscular structure and soft tissues of the body that include applying fixed or movable pressure, holding, vibration, rocking, friction, kneading and compression using primarily the hands, although massage therapists do use other areas of the body, such as the forearms, elbows or feet. All of the techniques are used for the benefit of the musculoskeletal, circulatory-lymphatic, nervous, and other systems of the body. In fact, massage therapy positively influences the overall health and well-being of the client.

Horses are very tactile creatures and we benefit greatly though being familiar with their bodies. An equine massage therapist can often detect lameness and disease before they become too debilitating, allowing earlier treatment with a higher chance for a full recovery.

For the working horse massage improves;

Range of Motion

Stamina

Recovery

Smooth muscle function

Lymph system/darinage

Circulation

Physical and Mental Benefits

- relaxes the whole body
- loosens tight muscles
- relieves tired and aching muscles
- increases flexibility and range of motion
- diminishes chronic pain
- calms the nervous system
- lowers blood pressure
- lowers heart rate
- enhances skin tone
- assists in recovery from injuries and illness
- strengthens the immune system
- reduces mental stress
- improves concentration
- promotes restful sleep
- aids in mental relaxation