

Published based on [How Massage Will Improve Your Horses Vitality](#)

# **How Massage Will Improve Your Horses Vitality**

Horses are companion animals, employees and athletes. As such, they have plenty of the same soft tissue damage troubling humans. When tragedy hits, folk call the Veterinarian. In some instances, in addition to conventional treatment, a vet may recommend healing massage.

Vet Massage is a kind of physical care and massage. In application to horse, it could be called [Equine](#) Massage. It is a quite new field of massage therapy. There are currently various types and colleges. You may visit such sites on Equitouch, Tellington Touch, Equinergy, In Hand Equine Massage and Total Equine Massage.

There are now schools that only teach Equine Massage. There's also the Equine Sports Massage Organisation.

There are several approaches to Equine Massage Therapy. Many base themselves on various techniques derived from Classic or Swedish Massaging Therapy. Some combine the 5-basic systems of Swedish Massage Therapy with other New Age or modern breakthroughs. As a consequence, Equine Massage Treatment is a hybrid.

Equine Sports Massage is for racehorses and other high performance horses. It is non-invasive. It uses massage as a method and a tool to help with the final performance and maintenance of the animal. The strategies include specific classes. You have pre-race and post-race massage. A massage expert also employs Equine Massage for treatment, training and maintenance practices. This is the same for Sports Massage for human athletes.

As with Human Sports Massage, Equine Sports Massage uses precise systems for the different settings and times of massage. An expert massages the horse on a regular basis to maintain the fitness of the animal. At the same time, therapeutic massage acts as a diagnosing or warning system. It detects assorted changes in the muscles, tendons and skeletal structure. A massage can note possible Problems and take defensive measures. It's the reason that explains why many trainers organize for a pony massage before and after a coaching exercise.

Massage can also act as a measure to enhance performance before the race. A massage before a racing event can help excite the pony to maximise its physical and psychological performance. A massage following the event notices any likely issues, relieves stress and hinders muscle fatigue.

Treatment Massage is a way to help speed up the process of healing. Combining massage with medical therapy helps to decrease recovery time from injury. It relaxes the horse, eases spasm, decreases discomfort and increases the flow of blood and lymph circulation.

There are more forms of Equine Massage besides Equine Sport Massage. Some are holistic; others aren't. Some achieve the same effects as Equine Sports Massage but target achieving a bonding between rider and horse. On one hand, the purpose is to help treat, relax and improve the general well being of the animal. On the other hand, it is to increase or improve the connection between a pony and its rider, a horse and its companion.

Some practitioners use different types of Complementary and Alternative Medication (CAM) with or on a horse. These include a kind of non-touching massage. Reiki healing is a type of massage some doctors employ to help balance the energy flowing thru someone's channels. If the channels or meridians become blocked, the energy decreases. Somebody becomes unbalanced. This leads to illness and illness. Reiki realigns and balances the energy to start the process of recovery. It does so without physically touching the body.

Some people do perform Reiki on animals. Practitioners on horses need to consider any possible variables. Size does matter if you're a tiny specialist handling a large animal. Some props, eg a stool, might be required. Props and other types of massage tools are easily available from supply stores. You can get diverse tools and pieces of equipment to make your job simpler. You may also disregard the extras and work with your hands. BTW, massaging a pony can take an hour.

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