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Equine Massage: A Practical Guide (Hardback)

By Jean-Pierre Hourdebaigt

Howell Books, 2007. Hardback. Condition: New. 2nd ed.. Language: English . Brand New Book ***** Print on Demand *****. 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...



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