

Can Massages Help Lamé Horses?

Many times, when a horse gets injured is exactly when and why people contact equine massage therapists. Massage therapy can help expedite the healing of an injury in many cases. However, there are times when massage is not a good fit and could cause additional pain and suffering. A knowledgeable and experienced equine massage therapist should be able to guide you and help determine the best course of complimentary care based on your veterinarian's diagnosis and your horse's condition.

When to Massage an Injured Horse

There are many types of injuries where massaging your horse is beneficial and aids in the horse's recovery. Without getting too technical, when getting a therapeutic sports massage from a trained professional, the horse's circulation will increase. Increased blood flow helps supply oxygen and nutrients throughout the body as well as eliminates toxins. As a result, your horse will be able to absorb additional nutrients and produce new healthy cells, which are what heals their body. Here are some of the most common injuries where massage can help:

- Soft tissue injuries such as pulled muscles, tendons, ligaments
- Sore muscles
- Tying up or muscle cramping
- Colic
- Founder
- Broken bones/fractures
- Auto-immune diseases
- Arthritis



There are many other types of equine injuries and lameness where massage will help expedite the healing. Discuss your horse's condition and situation with your equine massage therapist to determine the best plan.

Stall Bound Horses

With injury, often comes confinement. This is necessary to prevent further injury; however, it becomes difficult physically and emotionally for the horse. Massage not only can help heal the injury, it does so much more. Equine massages will help maintain muscle tone, address knots and issues related to the muscles/soft tissue compensating for the injury and it will release tension and stress related to the confinement. Keep in mind, a 15 minute massage is equivalent to a 30 minute walk. Just imagine how your horse will feel when his muscles are stimulated and circulation increased!



When NOT to Massage an Injured Horse

Just as there are many reason to massage a horse, there are times when massaging is a contra-indication and could cause further injury, damage or stress on the horse. A well educated and certified massage therapist will be able to help you determine when it is appropriate and when it is not a good time to massage your horse. Keep these critical factors in mind when considering massage. These are contraindications - when NOT to have a massage done:

- Fever: If your horse as a fever it is not a good time to massage them. Fever is the body's natural way to fight infection. Massage speeds up the metabolism and increases the horse's temperature, intensifying the issue at hand. There are other

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complementary care options such as a Raindrop Technique or Reiki that could be done in lieu of a massage during times a fever is present.

- Shock: Massage lowers the blood pressure and when a horse or any living being is in shock their blood pressure is already low. You would not want to lower blood pressure any further by performing an equine massage at this time. Emergency care with your veterinarian is the first and most important thing to do if your horse goes into shock.

There are other conditions that need to be addressed on a case-by-case basis, such as cancer and neurological disorders. Contact your equine massage therapist to discuss your horse's specific situation and your needs. With an understanding of the contributing factors, empathy and understanding of your desired outcome, your equine massage therapist can help you come up with a plan that help your horse physically as well as provide you and your horse with Peace of Mind.



About Peace of Mind, Body & Soul

Products and services to help maintain the health and wellness of animals and people through integrative methods including animal communication, canine and equine massage therapy, Reiki, acupuncture, Raindrop Technique[®], Young Living therapeutic-grade essential oils, nutritional supplements & body care items. We teach you how to perform these services on your own animal companions as well through classes, clinics and demonstrations. For more information contact: Jenny Gott, ECMT, (952) 484-4396, Info@animal-intuition.com, www.animal-intuition.com, Young Living #925420.

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