INTRODUCTION
TO EQUINE SPORTS MASSAGE THERAPY

O.A.T.S. – Offering Alternative Therapy with Smiles
CLARKSTON, MICHIGAN

Instructor:
Lisa Murray Machala, LMT, CESMT
Saturday Morning

9:30 Introductory Remarks
   - Collect Liability Waivers
   - Facility Information and Rules
   - Flow of activities for next two days

Overview of Equine Massage
   - History
   - Benefits
   - Contraindications

Equine Anatomy
   - Landmarks
   - Skeletal Structure
   - Superficial Muscles
   - Deep Muscles

Strokes & Sequence
   - The Respectful Approach
   - Overall Assessment of Horse
     - PALPATION
     - COMPRESSION
     - PERCUSSION
     - JOSTLING / ROCKING
     - ZIG ZAG / CAT PAW
     - DIRECT PRESSURE
     - CROSS FIBER FRICTION

12:00 Lunch Break

1:30 Equine Massage Demo and Hands On Practice
   This is done in segments:
     - Head and Neck
     - Chest/Forelimbs
     - Withers/Shoulders
     - Back/Ribcage/Loin
     - Lumbo-Sacral/Hindquarters/Hind Legs

5:00 Wrap for the day
**Sunday Morning**

9:00 Remarks
Q and A
Resources for Further Research
Hands-On Practice

12:00 Lunch Break

Students practice full body massage on horse

Wrap up Discussion / Q & A
- The business of equine massage
- SOAP notes
- The regulatory environment
- Day to day activities of equine massage therapist

5:00 Conclusion

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**Note:** *Equine massage is not intended to prevent, diagnose, treat or cure any specific disease or condition. Nor is it intended to replace appropriate veterinary care. Always consider the condition of the horse prior to doing a massage. When in doubt, contact your veterinarian before proceeding.*
Release and Hold Harmless Agreement

LIMAC Enterprises Inc (dba Michigan Equine Therapy) and O.A.T.S.

The undersigned assumes the unavoidable risks inherent in all horse-related activities including but not limited to bodily injury and physical harm. In consideration, therefore, as a workshop participant of Michigan Equine Therapy, the undersigned does hereby agree to hold harmless and indemnify: OATS, and LIMAC Enterprises Inc., dba Michigan Equine Therapy, both Michigan corporations and all employees and agents thereof, while on the premises of OATS, and further release them from any liability or responsibility for accident, damage, injury or illness to the undersigned’s person or property.

**Michigan Equine Activity Liability Act:**
“…An equine activity sponsor, an equine professional, or another person is not liable for an injury to or the death of a participant or property damage resulting from an inherent risk of an equine activity. Except as otherwise provided in section 5, a participant or participant’s representative shall not make a claim for, or recover, civil damages from an equine activity sponsor, an equine professional, or another person for injury to or the death of the participant or property damage resulting from an inherent risk of an equine activity.


CIRCLE ONE: Workshop Participant Other (please describe) ________________

DATE: ____________

PLEASE PRINT YOUR NAME: ___________________________________________________

ADDRESS: __________________________________________________________________

CITY: ___________________________________________ STATE: _______ ZIP: ________

PHONE NUMBER: (_________) ________________________________

**I AM AT LEAST 18 YEARS OLD ON TODAY’S DATE AND CAN PROVE IT.**

SIGN HERE: __________________________________________________________________

WITNESS: ___________________________ DATE: ____________

PHONE: ____________________________
SAFETY

Always be aware of your surroundings and anything that may irritate or spook the horse.

Be mindful to keep yourself and the horse safe.

Do not surprise the horse by approaching from his rear or rushing up to him quickly. Avoid large arm and hand movements, particularly around the head and face of the horse.

If a horse is behaving badly, do not ‘force’ the massage.

It is best to do massage in a quiet place where the horse is comfortable and able to relax, like his stall.

Work so that you are close to the door. Do not allow yourself to be pinned against a wall or have the horse between you and the exit.

Many horse become very oral when they are massaged. This is an instinctive reaction called ‘grooming behavior’. Wear loose clothing to avoid being nipped.

Today you will learn specific techniques to keep yourself safe while doing massage. Always remember to use these techniques to avoid being bitten or kicked while working.

Remember the ‘two foot rule’. Keep your two feet at least two feet away from the horse’s hooves.
Benefits of Massage

- Reduces muscle tension and promotes muscle relaxation
- Enhances muscle tone
- Increases range of motion
- Assists in balancing the body
- Reduces inflammation
- Alleviates muscle and joint pain
- Promotes healing by increasing flow of nutrients to the muscles and carrying away excess fluids and toxins
- Stimulates circulation of blood and lymphatic fluids
- Releases endorphins
- Stimulates excretion of toxins through the skin

Pre-Event Sports Massage loosens, warms and readies the muscles for work.

Post-Event Sports Massage relieves muscle pain and stiffness by returning the muscles to a normal (non contracted state). After vigorous work, horses dehydrate and this loss of fluids makes it harder for the horse to cool down. Massage also helps the muscles flush lactic acid from the muscles, thereby reducing the risk of tying up.

*Sports Massage Therapy helps to keep the entire body in better physical condition.*

When Not to Massage

Whenever there is a safety issue for the horse or person like unsafe surroundings do not proceed.

SHOCK – Massage lowers blood pressure, when a horse is in shock the blood pressure is already low.

FEVER - Is a sign of infection and the body’s way of fighting infection. Massage speeds metabolism and stimulates circulation, which could cause a major healing crisis.

BLEEDING – Since massage stimulates circulation, a horse that is bleeding should be seen by a veterinarian.

CANCER – Massage stimulates circulation and metabolism. When cancer cells are isolated to one local area of the body, massage may contribute to spreading the cancer cells. If a horse is terminal and you want to ease pain with massage, consult your vet first.
2. Points of the Horse

The points of the horse are the external features that make up the horse's conformation, or shape. Knowledge of the points of the horse is vital for a real understanding of the animal. Experts acquire this knowledge by visual examination and physical touch. By feeling the point of the shoulder and other associated features, for instance, it is possible to establish what the angle of the shoulder is and whether it is correctly conformed. No one feature should be out of proportion with the others.
The skeleton is the framework of bones and other hard structures that support and protect the horse's soft tissues and vital organs. There are 205 bones in the normal adult horse skeleton, although some variation is possible, e.g. six or seven hock bones, and anywhere from fifteen to twenty-one tail vertebrae. There are twenty bones in each forelimb and twenty in each hind limb; they form the basis for locomotion and keeping them in good condition is of great importance in maintaining the health of the horse.
There are approximately 700 separate muscles in a horse's body. All movements, from a flick of the tail to the most difficult maneuver, are brought about by a complicated system of skeletal muscles. Motion is produced by the contraction and relaxation of alternating, opposing groups of muscles acting reciprocally on skeletal layers and eventually on the hooves as fulcrums on the ground.

Centuries of selective breeding have led to enhanced muscular development in some breeds and types. For example, the quarter horse, bred to sprint, has highly developed, muscular forelimbs and hindquarters, while the stepplechasing thoroughbred, bred to race over courses with hurdles and water jumps, has a less muscular physique than the sprinting thoroughbred.
5. The Deeper Muscles of the Horse

1. Longest capital and atlantal muscle
2. Complex muscle
3. Rhomboid muscle
4. Thoracic spiral muscle
5. Iliocostal muscle
6. Longest dorsal muscle
7. Caudal dorsal serrated muscle
8. Omohyoid muscle
9. Cervical ventral serrated muscle
10. Thoracic ventral serrated muscle
11. Subclavian muscle
12. Supraspinate muscle
13. Infraspinate muscle
14. Brachial biceps muscle
15. Long head of brachial triceps muscle
16. Lateral head of brachial triceps muscle
17. External intercostal muscles
18. Transverse abdominal muscles
19. Internal abdominal oblique muscles
20. External abdominal oblique muscle
21. Iliac muscle
22. Femoral quadriceps muscle
23. Middle gluteal muscle
24. Semimembranous muscle
25. Semitendinosus muscle
26. Gastrocnemius muscle
## Summary Table of Strokes

<table>
<thead>
<tr>
<th>Stroke</th>
<th>Locate</th>
<th>Open</th>
<th>Treat</th>
<th>Close</th>
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<tbody>
<tr>
<td>Palpation</td>
<td>x</td>
<td>x</td>
<td>x</td>
<td>x</td>
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<tr>
<td>Compression</td>
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<td>Percussion/Tapotement</td>
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<td>Jostling / Rocking</td>
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<td>Zig Zag</td>
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<tr>
<td>Friction</td>
<td>x</td>
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<td>x</td>
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<tr>
<td>Cat Paw (palpation)</td>
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<td>x</td>
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<tr>
<td>Direct Pressure</td>
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<tr>
<td>Effleurage</td>
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<td>x</td>
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<tr>
<td>Cross Fiber Friction</td>
<td>x</td>
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<td>x</td>
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<tr>
<td>Knuckle Bridge</td>
<td>x</td>
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<tr>
<td>Petrissage</td>
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Most of these strokes are common to the profession of massage. The few unique strokes named here are adaptations of human massage strokes that are necessary due to the anatomical structure of the equine.
The Evaluation

1. Approach the horse and introduce yourself (be clear in your intention)
2. Ask the horse to lower its head to the ground, then lift the head up as high as possible
3. Palpate the topline from the base of skull to the tail set. Do this three times with increased pressure each pass.
4. Palpate the neck from the base of shoulder to base of skull. Do this three times with increasing pressure each pass.
5. Palpate the shoulder from the inferior angle diagonally towards the withers. Do this three times with increasing pressure each pass.
6. Palpate through the rib cage in three areas.
7. Zig zag around the point of hip.
8. Zig Zag from the tail set towards the pelvis. Three separate passes.
9. Gently cat paw through the hamstrings if horse will safely allow this.
The Sequence

*Always remember nose (anterior) to tail (posterior) and top (superior) to bottom (inferior).*

- **Head** – Poll release. Use pad of thumb and middle finger behind the ears at the poll. Gentle steady pressure until tissue releases.

- **Neck** – Jostle the crest three times from base of withers to base of skull. Percussion at nuchal ligament, compression over neck muscles to open tissue. Palpate and direct pressure to treat. Close with compression, percussion or cross-fiber friction.

- **Chest** – Gentle percussion from inferior to superior across body. Cat paw across body towards yourself. Direct pressure to treat restrictions. Percussion to close.

- **Withers** – Open with percussion. Zig zag, palpation to locate. Direct pressure to treat. Close with percussion.

- **Shoulders** – Open with compression. Locate with palpation. Treat with direct pressure. Close with percussion and/or compression.
- **Forelimbs** – Stroke down the leg. Use petrissage to open tissue. Direct pressure to treat if necessary. Close with petrissage / effleurage.
- **Back** – Open with friction. Locate with zig zag. Treat with direct pressure. Close with cross fiber friction.
- **Loin** – Sweat the kidneys by placing flat of palm over area. Hold for 30-40 seconds.
- **Ribcage** – Palpate intercostal areas between ribs with single finger or ‘blade’ of hand. Treat with direct pressure. Close with cross fiber friction.
- **Abdomen** – Gently and respectfully rub abdomen. Carefully cat paw from midline of abdomen up towards ribcage. Treat with direct pressure. Close with gentle percussion.
- **Gluteal region** – Heavy percussion to open muscle fiber. Heavy zig zag to locate. Treat with direct pressure, using elbow if necessary. Close with cross fiber friction and/or percussion.
- **Hind Leg Upper** - Open with compression. Locate with palpation. Treat with direct pressure. Close with percussion and/or compression.
o **Hamstrings** – If you feel secure, stand close to the horse. Open tissue with percussion if needed. Interweave fingers and create a ‘knuckle comb’ with both hands. Stroke downwards from top of hamstring to attachment at gaskin muscle. Repeat several times, increasing pressure with each pass. Gently effleurage into interior hamstrings. Gently percuss tissue with open hand. Cat paw to locate and treat. Use percussion to close.

o **Hind Leg Lower** – Gently stroke down the leg to the gaskin muscle located above the hock. Use petrissage to treat tissue. Effleurage to close.

o **Finishing Strokes**: Once you have completed the horse’s full body, you may wish to use long effleurage strokes from neck, over back and hind quarters to complete the massage.

Upon completion of massage, a post assessment helps demonstrate the effectiveness of the massage. Also, after massage the horse should be hand walked for 5-10 minutes to prevent post massage stiffness and to create new muscle memories.
Your Instructor:

Lisa Murray Machala LMT RMT
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Mailing Address:
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Southfield MI 48034

Lisa offers classes and workshops in the following areas:

  • Equine Guided Experiential Learning
  • Reiki Natural Relaxation for Humans and Animals
  • Equine Body and Energy Work

Please review the next page for full roster of activities.

Why Horses?

Horses are the masters of emotional intelligence. They have an innate ability to read and process emotions as information. They live and operate in the state of presence and complete awareness all the time and utilize the information that they receive from everything all at once, instantly. Horses can see details simultaneously with the whole picture, because they are aware of physical presence and the non-physical sphere of energy. They are constantly in synch with themselves as well as every other creature on the earth, all at once.

As an animal that is preyed upon in nature, the horse has a highly developed ability to sense changes in the environment and arousal level of other herd members. Horses intuitively sense the emotions and energies around them, and in turn mirror and reflect those emotions and energies when interacting with us. They respond to what we are actually communicating, often knowing our intentions before we do and providing honest and instant feedback. The horse becomes the mirror in which we see ourselves and how we can measure our energy, effectiveness and non-verbal communication. Horses operate on pure authenticity and congruency which gives us a genuine interpretation of our reality and helps to confirm our own truths. Through their connection to our authentic self, horses transport us beyond our limitations into the boundless.

What is Equine Guided Learning?

EGL is humans partnering with horses in a fun, safe way by engaging in experiential learning activities. Studies consistently prove people learn best through direct experiences with 90% retention rates. The connection with horses invites participants to experience - “learning by doing” with reflection. Through EGL we expand our nonverbal awareness and learn valuable tools that aid in our personal and professional growth. **No prior horse experience is needed.** Horses inspire moments that facilitate rapid change and lasting results.

www.MichiganEquineTherapy.com
Last Revised: 10/22/2016
MichiganEquineTherapy@gmail.com
<table>
<thead>
<tr>
<th>Topic</th>
<th>Description</th>
<th>Duration</th>
<th>Notes/Rates</th>
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</thead>
<tbody>
<tr>
<td><strong>PLEASE NOTE:</strong></td>
<td>All topics can be combined and/or tailored to meet the needs of the organization or audience.</td>
<td>Custom programs can vary from 90 minutes to 3 days or more.</td>
<td>Please inquire if you have unique requirements.</td>
</tr>
<tr>
<td>Equine Massage Demo (can also incorporate other modalities like Cranio-Sacral Therapy and myofascial release therapy)</td>
<td>Discussion &amp; demonstration on benefits of bodywork for the performance horse including identifying key areas where problems originate.</td>
<td>90 minutes</td>
<td>This is a lecture/demonstration. It requires a live horse for demonstration. $150</td>
</tr>
<tr>
<td>Equine Massage Workshop for Horse Owners</td>
<td>Same content as the demonstration, but with lots of hands-on practice for the horse owner.</td>
<td>One or Two day Workshop</td>
<td>One Day $125 Two Day $250 Participants receive a workbook with reference material.</td>
</tr>
<tr>
<td>Professional Equine Massage Training Program</td>
<td>Thorough training to prepare the knowledgeable horse person with all the skills necessary to work as a paid equine massage professional.</td>
<td>Weekend modules taught one weekend per month.</td>
<td>$2000 $75 non-refundable application fee.</td>
</tr>
<tr>
<td>Reiki for Horse &amp; Rider</td>
<td>Overview of Reiki, its origins, and benefits for horse and rider. Reiki is energy based healing and is extremely effective for horses.</td>
<td>90 minutes</td>
<td>This is a lecture but could include a demonstration if desired $150</td>
</tr>
<tr>
<td>Reiki 1&amp;2 Workshop</td>
<td>Thorough introduction to Reiki, with special emphasis on its use for animals. Hands-on practice is included.</td>
<td>Two full days</td>
<td>$250 per student. All students receive a text book and a certificate.</td>
</tr>
<tr>
<td>Advanced Reiki Training/Reiki Master Training</td>
<td>Advanced techniques are taught. Students learn how to teach and attune others.</td>
<td>Three full days (usually taught 3 months or more after learning Reiki1&amp;2)</td>
<td>$650 per student. All students receive a text book and a certificate.</td>
</tr>
<tr>
<td>Introduction to Equine Facilitated Experiential Learning</td>
<td>A discussion on how healing and educational professionals are now utilizing the profound wisdom of the horse in diverse fields of corporate training, psychological counseling, personal enrichment and development.</td>
<td>60-90 minutes lecture.</td>
<td>Can be added to another lecture/demonstration at little or no cost.</td>
</tr>
<tr>
<td>Equine Facilitated Experiential Learning Sessions</td>
<td>See above description. Can be custom tailored to needs of the individual or group. Can be conducted with owners and their own horses on site or at one of our facilities with our horses. Please note: THIS IS NOT NATURAL HORSEMANSHIP</td>
<td>Half and full day sessions are available. This training is custom tailored to the needs and desires of the client.</td>
<td>Rates vary depending on location, size of group, complexity of training plan and duration. Usually in the range of $200 per person per day.</td>
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<tr>
<td>Travel Fee for Lisa</td>
<td>$60 per hour or $1.00 /mile</td>
<td>This applies to one day events. Is negotiable for multiple day engagements.</td>
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