

holistic equine



EQUINE BODY WORK

Holistic Equine offer Equine Body Working (EBW) therapy sessions, as a form of equine sports massage. Beccy is a fully qualified Equine Body Worker and is recognised as having completed her training and received certification from Equinology Inc. by the letters EBW after her name.

EQUINE BODY WORK FAQ'S

Is EBW widely recognised?

Equine Body Working is widely accepted by the veterinary profession and equine industry as being a well demonstrated and effective method of assisting correct bio-mechanical functionality in the horse.

Does it help healing and what horses is it useful for?

From a complementary therapy point of view, it is a valuable hands-on healing tool and done correctly can promote balance of the entire being. It can be used to complement veterinary treatment and as a preventative measure against dis-ease when used within holistic horse care. It is suitable for all horses and ponies; from retired family pets to top equine athletes.

How does it help horses perform?

EBW offers a holistic approach to addressing bio-mechanical imbalance and maintaining equilibrium within the equine musculo-skeletal system. It seeks to encourage the horse to heal itself via correct circulation of lymph and blood fluids in and around the soft tissue (including fascia, muscles, tendons and ligaments).

Correct circulation encourages correct flow of energy around the horse and this is said to help clear blockages within the meridians. This can allow correct alignment of joints and soft tissues and provide a myriad of benefits (see below). Other forms of therapy can be incorporated within an EBW session.

My horse has poor feet. Will EBW help?

Foot health and balance must also be taken into consideration during an EBW session as the body cannot be viewed separately to the feet. Indeed, poor foot health can greatly affect the wellbeing of the rest of the body. Conversely, imbalances in the body can greatly affect foot health and balance. For this reason, one must be careful to choose a therapist who has adequate knowledge of equine podiatry (foot care) to understand the forces and factors involved when working on the body.

Why should I use Applied Equine Podiatry (AEP) alongside EBW?

A holistic approach ensures a more integrated and effective approach to solving health and performance issues. For instance, a horse with poor structure in the feet can have chronic, low grade pain in that area which can result in an altered gait as the horse seeks to avoid discomfort. This compensatory action is not natural and is an inefficient way of going. If gone unnoticed (which is common if all 4 feet are effected); over time the damage to soft tissues and sometimes bony tissues can be extensive and sometimes, permanent.

One example of a condition which inadvertently affects the body bio-mechanics is laminitis. Alongside a holistic approach, EBW can help readdress imbalances caused as a result of the painful symptoms of the disease and therefore assist in the management of the symptoms and rehabilitation of the horse. Even subtle changes to foot health can have an adverse effect on the biomechanics and performance of a horse.

What are the benefits of EBW?

- Increased range of motion (joints, stride length, etc.)
- Improved stamina
- Improved disposition
- Comfort to muscle and other soft tissue injuries
- Enhanced gait quality and overall performance
- Improved circulation (inc, removal of waste products)
- Reduced tactile response
- Allows an assessment of physical condition
- A preventative measure as subtle tissue changes can be noticed at an early stage
- Helps to counteract the negative response to stress of competition, injury, etc.
- Enhance healing response (especially if other therapies are incorporated).

What preparation do I need to do before an EBW session?

Prior to a session, the therapist may take a full history, including information about your horse's veterinary history, his environment (feed, turnout, stable, routine, etc), his workload, his level of training and details of any up and coming competitions. He or she will ask for your veterinary details to contact them for permission to work on the horse, or they may ask you to seek permission on their behalf. Note; massage is never a replacement for proper veterinary care and is only undertaken with veterinary consent by the animal's usual veterinarian.

And what should I expect during an EBW session?

On arrival, the therapist will observe the horse and their environment and how the horse responds to the owner and/or carer. They will then observe the horse statically before performing an active examination at work, trot and sometimes canter; usually on the lunge. Depending on the individual circumstances, the therapist may want to see the horse performing at its usual level of training in tack. The actual massage usually last between 1 and 1 ½ hours but this varies widely and the therapist normally charges per session and not by the hour. After the massage, the therapist will provide you with details of the session findings, suggestions for follow-up work as well as advice on the need for future appointments.

How often should I book EBW for my horse?

Prevention is always better than cure and a holistic approach stands a better chance in long-term success in the rehabilitation of an injured horse or in the maintenance of health in a balanced horse. The typical costs of approximately £40 a session is therefore a small cost to pay. As part of a routine management programme, EBW should be performed every 3 to 4 months or more frequently for a horse in medium or hard work and every 6 months for a retired horse. For an injured horse, one in rehabilitation or an athlete in hard work, more frequent visits will be necessary to achieve or maintain equilibrium or balance in the body.

How do I book

Contact us to make an appointment. Beccy will then contact you for more information and to arrange a date and time. She will also ask you to seek veterinary permission to work on your horse and in certain circumstances will make direct contact with your vet.

Please note: please seek permission prior to the appointment as unnecessary delays may result in cancellation with a 50% charge.

Be sure to give as much detail as possible about your horse prior to the visit. Also include a full postal address of where the horse is kept and your personal address. If there is anything you wish Beccy to bring with you from the Holistic Equine Shop, please be sure to let her know in advance so she can bring it with her, saving you postage costs!

Try and select a day and time which is a relatively quiet period on the yard. For instance, feeding times and busy riding times can cause the horse to become unsettled and can interfere with the work done.

Be sure to let Beccy know the reason for the visit and your horse's competition schedule as this is relevant to selecting an appropriate day for the appointment.

How much will EBW cost and how long are the sessions?

Allow approximately 3 hours for your first visit and around 2 hours for additional visits. Sometimes, Beccy feels she needs more time to work on your horse and you should make her aware in advance if you have time constraints.

The session will cost you £40 plus travel at cost (£0.20/mile-April 2011) from Fenland Lodge (HU15 1RE). Sometimes, Beccy may be visiting the area for other appointments and this may reduce or eliminate your travel costs altogether. We recommend sharing the travel costs with a yard friend as this not only reduces costs to you but makes better use of precious resources and is better for the environment too!

Sessions must be paid for on the day; please do not ask for credit. At this moment, credit or debit cards are not being accepted, although if there is enough demand, this payment method will be offered in the future. Currently, payments can be made by cheque or cash. Please have the correct amount ready if you are paying cash.

IMPORTANT INFORMATION FOR OWNERS-PLEASE READ:

On the day make sure there is a sheltered area available and the horse should be presented dry and clean (dust is fine but all mud should be removed, including the feet and legs!). Have your tack and lunging equipment on-hand as well as any schooling aids you may use. Come prepared to ride if you have a ridden issue with your horse.

You may be required to hold the horse throughout the session and you will be asked to walk/trot up the horse as well as lunge/ride if necessary. Please make necessary arrangements for a suitable carer/rider to be available if you are not able to be there or demonstrate the horse's movement.

After the session, it is best to allow the horse to move freely, with controlled turnout if your horse is expected to be exuberant. For most horses, normal turnout is fine. If turnout is not available, depending on the individual circumstances; a light hack, light schooling session, lunging session and/or walk out in hand is beneficial.

Your horse will not be made to feel unnecessary discomfort during the session. Likewise, your horse should not feel greater discomfort or be sore as a result of the session. Unlike certain chiropractic treatments, the work done during the session cannot become 'undone' as a result of exuberance for example, as it does not involve the manipulation of joints.

Any questions?

Please do not hesitate to contact us if you have a query about EBW.

For information on the International Equine Body Workers Association (IEBWA) contact;
Nichole Rombach (UK/Brazil Division); Email: office@equinenergy.com Web: www.equinenergy.com
Debranno Patillo (USA Division); Email: office@equinology.com Web: www.equinology.com

Contact us to book an appointment or for more information about holistic horse care.

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