

‘On The Crossties’- Thoughts from an Equine Bodywork Practitioner

By: Judith Rathbone CEBP, CETP

These active athletes are enjoying their Equi-Bow session.... But what are good reasons for YOU to hire a skilled equine bodywork practitioner?

EVERY horse can benefit from Equi-Bow! Here are just 3 great reasons to get your horse a session!

1) Rehabilitation from injury and the prevention of new injuries from arising during the re-introduction of movement:

Bodywork helps to release fascial adhesions, which in turn also helps to increase blood flow.

Trauma or an injury can impede circulation to an area. A restriction in blood flow means less fuel, less oxygen, and fewer nutrients are being delivered to the muscles. Horses will tire more quickly as they struggle to keep up with athletic demands. Diminished blood flow can show up as sore muscles, and less endurance while performing activities.

Tightened fascia can restrict movement, causing compensations elsewhere in the body. This can lead to further strain in muscles, tendons and ligaments causing re-injury, or new injury elsewhere in the body.

2) Moving past plateaus in training, moving beyond diminished performance, and maintenance for prevention of these issues:

Equi-Bow helps horses overcome compensations in the fascial system that negatively effect performance. Reducing fascial adhesions changes a horse's posture and thereby its biomechanics. Subsequent improvements in muscle function



become inevitable. Unrestricted fascia means unrestricted muscles. Unrestricted muscles means unrestricted movement. Optimal movement promotes optimal performance. Remember that regular maintenance keeps the body running at its best.

3) General wellbeing:

Because Equi-Bow affects horses on a musculoskeletal level, it can lead to pain reduction in cases of sub-clinical lameness and improve the animal's willingness to work and participate in everyday activities with their human partners. Further, the effect on the parasympathetic nervous system produces a state of "rest

and digest" where healing, learning and emotional bonds are strongest.

Practitioner Bio-

Judith Rathbone is a Certified Equi-Bow and Certified Equi-Tape Practitioner with Starline Equine Bodywork. With over 35 years of horsemanship and elite competition experience, she understands the rigorous demands on equine athletes as they train for, and participate in the long competitive season. She aids trainers, owners and riders in meeting the full potential of their equine partners through proven, powerful and non-invasive forms of Equine Bodywork. Judith works with a variety of horses from foals to National, International and FEI competitors in every discipline. 'ON THE CROSSTIES' is a regularly occurring series by Judith on Starline Equine Bodywork's Facebook page.

For inquires into what Equi-Bow and Starline Equine Bodywork can do for YOUR horse:

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Reprinted from the August 2016 Issue of The Rider, Ontario's Horse Industry Newspaper
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