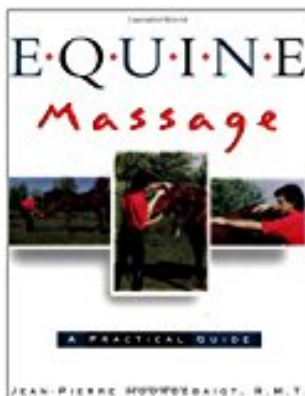


[PDF] Equine Massage: A Practical Guide

Jean-Pierre Hourdebaigt LMT - pdf download free book



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Description:

From the Back Cover 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 hands and sense areas that need special attention. *Equine Massage, Second Edition* is truly a hands-on guide to proven massage techniques that improve a horse's well-being. --This text refers to an out of print or unavailable edition of this title.

About the Author About the Author JEAN-PIERRE HOURDEBAIGT is a Registered Massage Therapist. Originally from France, Hourdebaigt moved to Canada in 1981, where he continued a generations-old family practice of natural healing. After graduating from the Canadian College of Massage and Hydrotherapy, he pursued a successful career treating many well-known athletes and dignitaries. It was his passion for animals, however, that lead him to educate animal lovers in the art and therapeutic application of massage techniques to help their horses, cats and dogs. For many years he has worked on horses of all breeds and in all disciplines. With only two hands and so many horses to help, he created workshops in equine massage (preventative, maintenance, recovery and post-surgery) to instruct owners and riders. He wrote *Equine Massage* to reach a wider audience beyond those who come to study with him in Ottawa, Canada.

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