

# Benefits of Equine Massage



## Benefits for horses:

- helps to encourage the pet's natural self-healing abilities
- increases blood circulation
- increased blood flow; helps to alleviate pain, reduce edema, and removes lactic acid build-up
- comforts tired muscles
- affects some behavioral challenges by addressing and reducing physical and emotional pain. Behavioral issues can include fear biting, food aggression, separation anxiety, uncertainty of pack status, and grieving.
- increases lymph movement
- strengthens the body by stimulating muscles
- helps to stimulate and support the immune system
- enhances muscle tone and helps to improve range of motion
- increases flexibility of joints
- reduces muscle tension and enhances muscle function
- helps to promote healing and recovery from injury

## Benefits for people:

- Therapeutic massage gives "permission" to the owner to do hands-on work with their pet. It gives the pet owner a sense of confidence and empowers them in their role as a caregiver. Massage helps in times of trauma, especially the use of shock-point work.
- helps the owner to assess and maintain wellness
- the opportunity to give back to our beloved canine companions
- the opportunity to relate to our pet on a different level of awareness
- the gift of sitting quietly, listening, and tuning in to the emotional needs of the pet
- the realization that therapeutic massage is purposeful action working towards a specific outcome
- the opportunity to enhance bonding and build confidence in our innate abilities
- receiving enhanced unconditional love and gratitude from the pet
- the opportunity to establish and to

- helps to maintain improved overall physical condition
- eases mental stress
- enhances the pet's quality of life
- complements veterinary treatments

maintain a heart-to-heart connection

