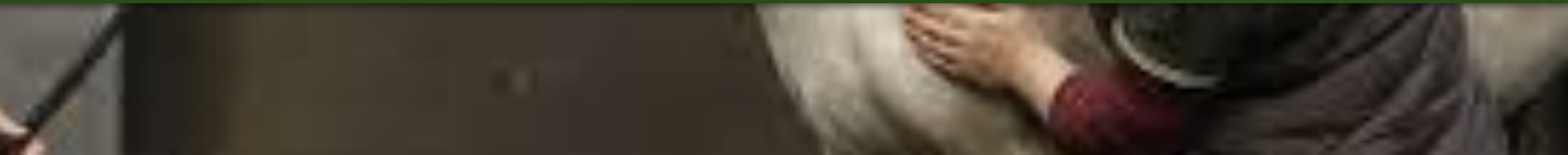




## L.11.3 - Pre & Post Performance Massage & Special Techniques



# Pre-Performance Massage

- Stimulate muscles
- Increase circulation
- Increase muscular metabolism
- Reduces muscle tension
- Increases range of motion & flexibility



# Post-Performance Massage

- Relieve muscular tension
- Increase circulation
- “Pump” out toxins
- Soothes sore muscles
- Maintains flexibility
- Reduces adhesions



# Special Massage for the Head

- No large muscles
- Indirectly affects entire body
- Only use light pressure
- No more than 15-20 minutes
- Stroking, kneading & circling acceptable for head



# Special Massage for the Head

- Place head on shoulder to gain more relaxation
- Muzzle & gum massage releases endorphins
- Ear massage with light stroking
- Tension in poll or bad experience can make horse apprehensive about ears



# Special Massage for Limbs

- Muscles that move joints lie around forearms
- No muscular tissue from knee to hoof
- Blood supply to soft tissues here is poor
- Massage improves circulation



# Special Massage for Limbs

Can use:

- Long strokes
- Long strokes with fingers
- Compression
- Kneading
- Circling
- Shaking
- Vibration



# Special Massage for Limbs

- Moves lymphatic fluid build up in legs
- Stimulates lymphatic pathways
- Massage against the direction of hair
- Relieves swelling by moving fluid up and out





# Special Massage for Limbs

- Long strokes
- Apply very light pressure
- Use compression massage
- Place hands around leg
- Push both hands together lightly
- Move hands  $\frac{1}{2}$  hand higher and repeat
- Pressure like holding an egg



# Special Massage for Limbs

- Muscle related to tendon injury will be tense
- Relieves pressure on tendon to allow healing
- Circling & shaking acceptable for tendon injury
- Once acute injury has healed, massage will help reduce chance of adhesions



# Special Massage for Limbs

- Massage can also be helpful for ligament injuries
- Increases circulation
- Prevents adhesions
- Circling is first choice
- Shaking, vibration and long strokes are also good
- Vibration is good for joint injuries
- Consult vet before beginning when injury is present



# Special Massage for Abdominal Muscles & Longissimus Dorsi

- Long strokes & twisting good for tight back muscles
- Muscles will get tighter if pressure is too strong
- Stretching may be more appropriate
- Long strokes or long strokes with fingers work best for abdominals
- Best to avoid area if horse is defensive or uncomfortable



# Final Thoughts

- Modify techniques slightly as needed
- You'll learn to feel problems
- Consider goals before treating and selecting an application
- Incorporate stretching to support massage
- Pick most suitable techniques for circumstances



# L.11.3 - Pre & Post Performance Massage & Special Techniques

