



## Benefits of Integrated Equine Body Work

- Establishes two way communication between the Practitioner and Horse
- The Horse participates in the release of tension
- Releases muscle and joint tension by accessing the nervous system
- Conditions the Horse to relax and to release some of their own tension areas
- Restores musculo-skeletal balance
- Improves blood and lymph circulation, thus hastens the elimination of waste products and toxins, promoting a more rapid healing of injuries
- Enhances muscle tone, increases range of motion, and range of flexion
- Eases muscle spasms and relieves tension and stress
- Reduces inflammation and swelling in the joints, thereby relieving pain
- Massage, in most cases, increases the production of synovial fluid in the joint
- Improves the pliability of fascia and reduces the danger of fibrosis
- Generally improves disposition
- Maintains the body in better physical condition
- Aids in preventing injuries and loss of mobility
- Boosts athletic performance and endurance
- Restores mobility to injured muscle tissue and prevents the formation of adhesions
- Extends both the good health and the overall life of an athletes "career"

*Equine bodywork is not a substitute for Veterinary Medicine.*



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*...and he whispered to the horse: "Trust no man in whose eyes you look and do not see yourself reflected as an equal."*  
~ Don Vincenzo Giobbe, circa 1700



## Integrated Equine Body Work

### *The Yin and Yang of Equine Body Work*



*"Taking it to the next level"*

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# Integrated Equine Body Work

## *Doris Bouchard*

- Licensed Certified Massage Therapist
- Certified Equine Body Worker
- Certified Masterson Method Practitioner
- Certified Equissage Instructor

## *Ron Bouchard*

- Certified Equine Body Worker
- Certified Equissage Instructor

We are Licensed, Certified and Insured.

During the course of our journey through the realm of Equine Body Work, we have come to discover that no one specific modality will always be the answer / solution to a horse's issue.

We have observed that there are instances when muscle manipulation alone may not be what is needed to address an issue, but that something more subtle is the answer. Then again, some horses will need both techniques, and on occasion, even a third or fourth.

We have tailored our method of Body Work to address what the horse is telling us by observing his responses to our touch or manipulations, then providing the necessary continuation or modification to what we are doing in the specific location(s) until relief is indicated or a change in the issue has been noted.

**In Traditional Chinese Medicine, Yin and Yang describe two primal, equal and complimentary forces, that when in harmony, create balance.**

*We compare*

*Xin*

*the passive, feminine and nurturing force* to the work of the “Masterson Method” because it stimulates the nervous system of the horse thereby releasing tension. By moving the horse's joints through their Range of Motion while in a relaxed state, the horse can participate in the release of tension in the major junctions of the body that affect performance.

*While*

*Yang*

*the active, male, pervasive force* is the muscle manipulation necessary to release spasms, keep fascia and scar tissue as pliable as possible, maintain muscle conditioning and health, improve blood and lymph circulation which expedites the elimination of toxins and promotes a more rapid healing of injuries.