

Equine Mechanic

Bodywork Report

Rocky

29 July 2022

Modalities Used: Equine Evaluation, Equine Sports Massage Therapy, Equissage Therapy, Red Light Therapy, Stretching,

Findings

Area	Finding
Deep cranial pectoral	Increased Tension - left side
Spinalis	Tension - muscle reactive with palpation - left side
Longissimus Dorsi	Tension - mid-back, muscle reactive with palpation, left side
Deep cranial pectoral	Tension - right side
Spinalis	Tension - muscle reactive with palpation, right side
Longissimus Dorsi	Tension - mid-back, muscle reactive with palpation, right side
Neck Flexibility	Good to the left
Neck Flexibility	Good to the right
Lumbar Region	Good flexibility

Observation & Notes

HISTORY:

Initial treatment. 10yo QH gelding. Owned for around 3-4 weeks. Been out of work for 4 years and was very underweight. Lee-Ann has only been lightly riding his as she worried she is making him sore as his muscle weight is down. Treatment organised for maintenance.

Observed Rocky walking, in a straight line he had a good footfall, his hip swing appeared equal, when changing direction he stepped under well.

TREATMENT:

Equissage back pad 50 mins (40 mins on med/high CPM, 10 mins on med/high STD setting)
Equissage hand held 18 mins on high STD setting over body
Red light applied over Poll & Lumbar, Sacral area
Full body massage & stretches
Applied massage ointment over back (both sides).

RESPONSE:

Signs of release; licking, chewing, shaking his head, softening his eye, arching/stretching his neck and having lots of big yawns.
Very relaxed, non-reactive when palpated on completion, all muscles felt soft & supple.

Recommendations

Continue with body stretches, as shown (after a light warm up); front leg and hind leg extensions/flexions (forwards and backwards), tummy tuck and hind end tuck, lateral neck stretches (left to right), carrot stretches – poll stretch (neck extension) & head between the legs (hold stretches for 5-10 seconds).

Follow up with a treatment for maintenance (4-6 weeks regular work, 6-8 weeks light work).

[VIEW THE FULL DIGITAL REPORT HERE](#)

