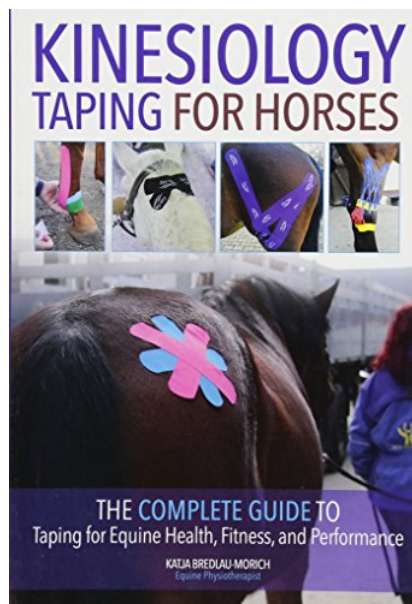


yqAiJ [Download] Kinesiology Taping for Horses: The Complete Guide to Taping for Equine Health, Fitness and Performance



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Kinesiology taping on human athletes is all the rage: widely used by physical therapists, chiropractors, and personal trainers, we see it on Olympians, runners, basketball players?on amateurs and professionals. The idea behind taping is that it provides incredible support and stabilization of ligaments and tendons while simultaneously stretching and flexing like a second skin to allow full range of motion. It can also activate or relax muscles, depending on its application. Our equine athletes can benefit hugely from taping techniques, and this terrific guidebook provides the ultimate reference for understanding both the uses of kinesiology tape and its numerous applications. With hundreds of color photographs and step-by-step instructions for the do-it-yourselfer, equine physiotherapist Katja Bredlau-Morich explains the following forms of kinesiology taping: Muscle Lymphatic Scar Fascia Space Hematoma Stabilization Tendon CrossIn addition, numerous case studies demonstrate how taping can change your horse's life, keeping him pain-free and performing his best for years to come.

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