



Bodywork for Horses Techniques You Can Use Yourself

Susan McBane

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Bodywork - a general term for physical therapies - provides a rewarding, effective means of creating a close relationship with a horse and enhances his comfort and well being. This book details simple techniques of massage, shiatsu, hydrotherapy, magnets and stretching, as well as therapeutic methods of lungeing, long reining, and riding, which can be practiced by sensible and conscientious horse owners. Using only the most basic science, the book aims to give owners and caregivers a good understanding of how selected techniques and therapies work and when to use them.

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