

# C3 Horse Bodywork™

## Logistics & Helpful Information

### Tips:

- **Schedule during barn down-time.** With fewer distractions, your horse will be better primed to achieve the best state of relaxation that enhances the global healing properties of his/her massage. Plan to allow for extra time at the beginning and end of sessions.
- **Have him/her cool, dry and ready.** If you ride and/or bathe your horse before the session, please allow him ample time to cool down and dry off before his massage. This ensures the most accurate assessment of your horse's varied layers of tissues.
- **Encourage mobility following a massage.** The time after your horse's massage offers a valuable opportunity for neuromuscular repatterning. To capitalize on this time, I recommend hand walking or simply turning your horse out for the rest of the day.
- **Please have payment ready at the time of service.** See the Training & Bodywork page on [www.C3Horse.com](http://www.C3Horse.com) for fees, travel policies and conditions. Paperwork/waivers and fees are collected prior to the session.

### Direct Contact:

Questions? Comments?

Please don't hesitate to be in touch!

I am usually able to return emails within 24 hours.

**Email me directly at [C3HorseWorks@gmail.com](mailto:C3HorseWorks@gmail.com)**

# Prepare for Your Horse's Massage and Bodywork Session:

- Develop a game plan, or wing it—your call! Some owners like to schedule with goals in mind; others are just curious to see what comes up in a loosely-framed session. Either orientation is fine and will serve your horse well.
- Between regularly scheduled sessions, please take note of any changes in your horse's behavior, diet, mood, or performance.
- Whenever possible, scheduling during barn down-time hours (e.g. away from feeding times) will promote your horse's greatest relaxation during his massage.
- If you ride your horse prior to the session, please allow him/her ample time to cool down and dry off before I arrive. Avoid bathing your horse or using coat polishers like ShowSheen® before the session. As long as he/she is dry and free of any major dirt clumps, we are good to go.
- Please plan to allow time at the beginning and end of your session. Ask questions! Please be in touch with me at any time if there's anything I can help explain or clarify about your horse's upcoming massage and bodywork session.

## During Your Horse's Massage and Bodywork Session:

- Upon meeting for your horse's initial consultation, we will discuss your horse's health, your training goals, and what you hope massage and bodywork can do for your horse. I will then conduct a series of static observations and dynamic assessments. If possible, I like to film your horse being hand-walked and trotted in order to note gait and movement patterns. Any photos or film taken of your horse are for my own personal review and for evaluation purposes only.
- Your horse's massage should take place in a location where he feels comfortable and secure, with as little distraction as possible. You are welcome to hold your horse. Other options are to loosely tie your horse in stall or in cross ties. Once the massage begins, you are welcome to stay and watch or attend to other business.
- A typical session includes a general full-body massage with special attention to any areas of concern. In addition to targeted manual techniques, you may also see me perform stretches, range of motion exercises, red light therapy and aromatherapy. During your horse's session, I take note of findings throughout on your horse's chart/record.
- Please plan to allow extra time on both ends of your appointment.
- Horses' reactions to massage and bodywork modalities vary widely. Some are born knowing how to relax, many remain active participants throughout, and most fall somewhere in between. ***It is not uncommon for a horse to require three or more massages before the purpose of the bodywork seems to "click."*** Though relaxation is always a valuable product of massage, rest assured that the physiological benefits are no less great if your horse remains alert throughout his session.
- Payment is due at the time of service directly to Dawn at the beginning of the session.

## Following Your Horse's Massage:

- The minutes immediately following your horse's massage offer a valuable time of neuromuscular repatterning. Get him moving—gently! Hand walk him for 10-20 minutes. Ideally, your horse should be turned out for the rest of the day.
- Encourage your horse to drink plenty of water in the hours following his massage. Offer special minerals or salt of your choice during especially warm weather.
- While some massage techniques help prime your horse to follow up with outstanding performance, generally, your horse will not be raring to go immediately after his massage. ***Always avoid strenuous activity for 24 hours. If your horse is new to massage, please schedule his session at least a week ahead of any competition.*** Horses used to massage should be permitted 3-4 days to adjust to their new "shape" before being brought into the ring or onto the course.
- ***Post-massage soreness is normal*** up to three days following your horse's session. Be mindful of his signals and please be in touch with any questions about what you observe.
- Note that, once newly addressed, ***areas of muscular tension often feel worse before they get better.*** While some freshly-massaged horses run bucking off into the field apparently five years younger, it is more common for horses to need a few days to process the changes. If your horse is sound but seems to flounder a bit during your next ride, be gentle and patient! That's a good indication that he's finding new ground.
- If we discussed a homework plan, give it a try. Your own explorations into a gentle stretching routine or targeted massage technique can extend the benefits of your horse's regular massages exponentially.
- ***Best compliment for your therapist is a referral!***