

Animal Dynamics
Equine Sports Massage Foundation Program Curriculum
Plus Basic Equine Acupressure & Equine Cranial Sacral Techniques
Created and Presented by Don Doran

Introduction

This class has value for amateur owners as well as seasoned professionals.

Muscular Pain is the #1 cause of most equine behavior and performance problems. Properly preformed, Equine Sports Massage resolves many muscular problems, improves performance, increases flexibility, increases range of motion and helps resolve behavior problems.

In our Foundation Equine Sports Massage Program, students learn:

- Functional equine anatomy and how the horse is designed to move
- How to see the horse in training as an athlete, who naturally incurs muscular tension as part of the training program
- How to evaluate whether a horse's muscles are healthy or painful
- 37+ specific key muscles, including:
 - the origin, insertion and action of each muscle
 - How the muscle presents when there are problems
- How to perform different modalities to relieve painful muscles and promote the health and well-being of the horse
 - Equine Sports Massage
 - Equine Acupressure
 - Equine Cranial Sacral
- How the use of herbal medicines and homeopathy can assist the management of common equine muscular/skeletal problems and promote the health and well-being of the horse
- How poor training practices and improper equipment prevent the horse from moving naturally and can create serious muscular and behavioral problems
- A new way to communicate directly with the horse via touch and the medium of horse massage

This course empowers students with new information and skills that enable them to achieve maximum success, performance and personal fulfillment with their horses.

This course is a first step for individuals pursuing careers in the Equine Industry as Equine Sports Massage Therapists or Equine Bodyworkers.

Students must be at least 18 years of age and must have horse handling experience.

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This course is a combination of home study and on-site learning. There is an academic component to the learning process as well as an experiential component.

Equine Sports Massage is a tactile craft. Like any craft, it must be properly practiced in order to be mastered. Students must learn the academic information, practice on their own to develop the basic hand skills and improve their abilities under the direct supervision of an experienced instructor.

The Foundation Equine Sports Massage Program is a total of 100 hours. After successful completion of the Foundation Program, students are encouraged to return for Advanced Equine Sports Massage Training and any of our other programs.

Educated Minds and Hands make the difference between a "feel good rub" and a Professional Equine Sports Massage Therapy Session. The effectiveness of the Equine Sports Massage Therapy Session is dependent upon:

- Correct Evaluation
- Use of Proper Techniques
- The Skill Level and Experience of the Practitioner

When students complete the Foundation Program, we are available for telephone or email consultations to assist with any questions that may arise from any of their Equine Sports Massage Therapy sessions.

We offer the following advanced training programs:

Advanced Equine Sports Massage Therapy

Equine Acupressure & Tui-na Massage Therapy

Introduction to Traditional Oriental Herbal Medicine for Horses

Advanced Equine Herbal Medicine Dit Dow Jow Class

Electro-Acupressure & Electro-Muscle Therapy

English Saddle Re-Flocking & Basic English Saddle Fit

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Equine Sports Massage Foundation Program Overview

1. Students are required to complete 24 hours of Pre-Course Independent Study. Program materials will be shipped to students upon their enrollment and payment of their \$300 tuition deposit.

2. Students will participate in 6 days of on-site training (42 hours). The on-site training starts on a Monday and runs through the following Saturday. Classes start at 9:00 am and end at 4:30 pm. Students have a 30 minute lunch break each day.

Morning sessions are devoted to lectures in the classroom and afternoons are devoted to demonstrations and supervised hands-on work in the field. Field trips are taken to several different farms so that students have the opportunity to work with and learn from a variety of horses. Students are exposed to horse of different breeds and athletic disciplines.

Each day of the program builds upon the previous day. Students develop their palpation and therapy skills with each afternoon practice. In the labs students are encouraged to focus on locating and working with the muscles covered in class that morning. As new muscles are introduced each day, students will become familiar with the new muscles and review muscles covered on previous days.

3. Students are required to complete a total of 34 hours of Post-Course Independent Study and Case Studies.

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Equine Sports Massage Foundation Program Details

1. Pre-Course Required Reading (24 hrs)

- a. Equine Sports Massage Home Study Notes
 - i. Home Study Module 1 – Introduction to Equine Massage (8 hrs)
 - 1. Origins of Massage for Humans and Animals
 - 2. Equine Sports Massage – A Tool for Equine Professionals
 - 3. Massage Modalities
 - 4. Western & Eastern View of Complementary Therapies
 - 5. Muscle Composition
 - 6. Physiology of Muscles and Muscular Problems
 - 7. Functions of the Muscular System
 - 8. Causes of Muscular Injuries
 - 9. Long Term Problems Caused by Muscular Injuries
 - 10. How Muscular Injuries Affect Performance
 - 11. How Muscular Injuries can be Prevented
 - 12. Benefits of Massage
 - 13. Regional Soft Tissue Problems
 - 14. Anatomical Terminology
 - 15. Directional Terms
 - 16. Connective Tissue
 - 17. Basis for a Good Equine Massage Therapist
 - 18. Contraindications for Massage
 - 19. Different Types of Equine Sports Massage
 - 20. Massage Strokes and Principles
 - 21. Anatomical Glossary
 - 22. Initial Observation and Confirmation
 - 23. Body Reading the Horse

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- ii. Home Study Module 2 The Equine Skeletal System(8 hrs)
 - 1. Categories of Bones
 - 2. Composition of Bone
 - 3. Joints
 - 4. Ligaments
 - 5. Equine Skeleton – All Individual Bones
 - 6. Palpation Points and Bony Landmarks

b. Required Text Book (8 hrs)

- i. The Horse Anatomy Workbook by Maggie Raynor
ISBN-10: 0-85131-905-X ISBN-13: 978-0-85131-905-6
 - 1. Part I – Overview
 - 2. Part 2 – The Skeleton

2. In person class attendance – 6 days (42 hrs of instruction).

The on-site training starts on a Monday and runs through the following Saturday. Classes start at 9:00 am and end at 4:30 pm. Students have a 30 minute lunch break each day.

a. Day 1

- i. Welcome & Introductions
- ii. Review of Prerequisite Reading Materials
- iii. Learning Experience of Prerequisite Reading Materials
- iv. Equine Massage Strokes Practice Lab
- v. Field Work – Demonstration and practice. Palpating the skeletal bony landmarks on live horses and practicing equine sports massage techniques.

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- b. Day 2 – Neck Muscles Anatomy and Kinesiology**
 - i. Morning lectures and discussions
 - 1. Brachiocephalicus
 - 2. Cervical Trapezius
 - 3. Cervical Rhomboids
 - 4. Splenius
 - 5. Cervical Serratus
 - 6. Rectus Capitus Ventralis
 - 7. Multifidus
 - ii. Afternoon demonstration and hands-on practice of Equine Sports Massage and Equine Acupressure techniques
- c. Day 3 – Shoulder Muscles Anatomy and Kinesiology**
 - i. Morning lectures and discussions
 - 1. Cranial Superficial Pectoral
 - 2. Caudal Superficial Pectoral
 - 3. Cranial Deep Pectoral
 - 4. Caudal Deep Pectoral
 - 5. Supraspinatus
 - 6. Infraspinatus
 - 7. Deltoid
 - 8. Triceps
 - 9. Teres Minor
 - 10. Brachialis
 - 11. Thoracic Trapezius
 - 12. Thoracic Rhomboids
 - ii. Afternoon demonstration and hands-on practice of Equine Sports Massage and Equine Acupressure techniques.
- d. Day 4 – Back Muscles Anatomy and Kinesiology**
 - i. Learning Experience of Neck and Shoulder Muscles
 - ii. Morning lectures and discussions
 - 1. Thoracic Serratus
 - 2. Latissimus Dorsi
 - 3. Longissimus Dorsi
 - 4. Iliocostal
 - 5. External Intercostals
 - 6. Abdominal Obliques
 - 7. Psoas
 - iii. Saddle Fit Awareness Lecture and Discussion
 - iv. Afternoon demonstration and hands-on practice of Equine Sports Massage and Equine Acupressure techniques

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e. Day 5

- i. Morning lectures and discussions
 1. Review of Muscles presented in Days 2-4
 2. Charting the equine client
 3. Equine Foreleg Stretching
 4. Equine Cranial Sacral Techniques
- ii. Afternoon demonstration and hands-on practice of Equine Sports Massage, Equine Acupressure and Equine Cranial Sacral techniques.

f. Day 6 –Hind Quarter Muscles Anatomy and Kinesiology

- i. Morning lectures and discussions
 1. Gluteus Minimus
 2. Gluteus Maximus
 3. Deep Gluteal
 4. Biceps Femoris
 5. Semitendinosus
 6. Semimembranosus
 7. tensor Fasciae Latae
 8. Iliacus
 9. Rectus Femoris
 10. Vastus Lateralis
 11. Gastrocnemius
- ii. Afternoon demonstration and hands-on practice of Equine Sports Massage, Equine Acupressure and Equine Cranial Sacral Techniques.

3. Post-Course Required Home Study and Case Studies (34 hrs)

- a. Business Class (5 hrs)
- b. Take Home Exam (2 hrs)
- c. Case Studies (27 hrs)
 - i. Perform 3 bodywork sessions at least one week apart on 9 different horses. Submit the case reports at the end of the sessions.

Students will return their take home exam and case studies within 90 days of completing the on-site component of the program.

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Students are encouraged to follow up this Foundation Equine Sports Massage Course with our Advanced Equine Sports Massage Program. Highlights of the Advanced Equine Sports Massage Program include:

- Review of all muscles presented in the Foundation Equine Sports Massage Program
- Observation & Evaluation of each student's muscular evaluation skills and equine sports massage therapy skills with recommendations for improvement.
- Practice cases to sharpen student's equine evaluation skills:
 - Overall muscle structure
 - Hooves
 - Skeletal confirmation
- Massage field work under instructor's supervision to improve student's equine sports massage skills.

Remember:

Equine Sports Massage is a craft. It must be properly practiced in order to be mastered.

Educated Minds and Hands make the difference between a "feel good rub" and a Professional Equine Sports Massage Therapy Session. The effectiveness of the Equine Sports Massage Therapy Session is dependent upon:

- Correct Evaluation
- Use of Proper Techniques
- The Skill Level and Experience of the Practitioner

Our Foundation Equine Sports Massage Program is the beginning of a wonderful journey of learning.