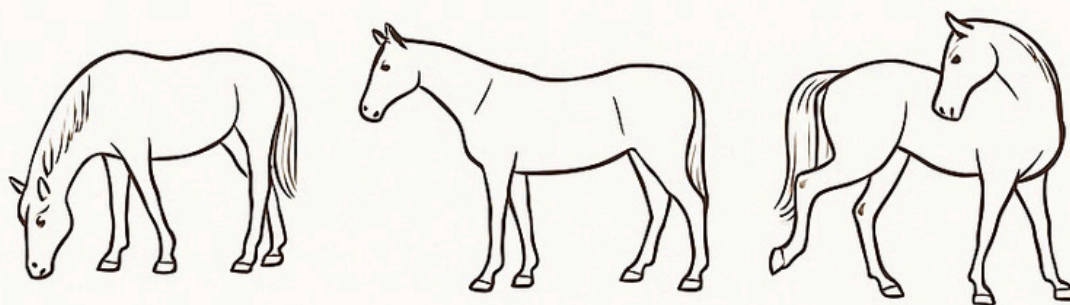


# Post-Session Support Guide

Helping your horse feel their best  
after massage, PEMF, and bodywork  
sessions



[TalkingHorseEquine.com](http://TalkingHorseEquine.com)

# What to expect after a bodywork session

After a session, it's important to understand the normal reactions your horse may experience. These reactions can vary from mild physical changes to behavioral adjustments. Here's what you might expect:

## Physical Reactions

- **Mild Soreness or Fatigue:** It is normal for horses to experience mild soreness or fatigue for 24 to 48 hours post-treatment. This is a part of the body's natural healing process as it adjusts to the changes made during the session.
- **Increased Water Consumption:** Horses may drink more water than usual following a treatment. This is a positive sign, as hydration supports the body in flushing out toxins and aids in the recovery process.
- **Changes in Posture, Movement, or Behavior:** After treatment, you might notice changes in your horse's posture or movement. Behavioral changes, such as increased sleepiness or a calmer demeanor, are also common. These are signs that the horse is integrating the adjustments from the treatment.
- **Sensitivity to Touch or Tack:** Some horses might become more reactive or sensitive to touch or tack immediately following a session. This increased sensitivity usually resolves itself within a day or two as the horse acclimates to the changes.

# What to Do (and Not Do) After Bodywork

## Do's

- **Light Hand-Walking or Turnout:** Allow your horse some gentle hand-walking or turnout in a familiar paddock. This helps maintain a healthy blood flow and keeps your horse comfortable.
- **Provide Free Access to Fresh Water:** Ensure your horse has constant access to fresh water. Hydration is key to aiding the body in flushing out toxins and supporting recovery.
- **Offer Quiet Time:** Allocate time for your horse to relax in a calm and quiet environment. This peaceful period helps them recuperate and process the bodywork treatment.

## Don'ts

- **Avoid Intense Activities:** Refrain from engaging your horse in intense riding, jumping, or trailering for at least 24 hours post-bodywork. This allows their body to fully assimilate the treatment without additional strain.
- **Delay Veterinary Appointments:** Postpone any vaccinations, sedation, or chiropractic/farrier appointments by a day or two.



# Supportive Aftercare Tips

## Optional Tips Post-Session

### Encourage Hydration

- **Add Soaked Hay or Electrolytes:** Ensuring your animal stays hydrated is crucial after a bodywork session. Consider offering soaked hay, which not only provides necessary nutrients but also increases water intake. Alternatively, electrolytes can be added to their water to replenish lost minerals and encourage them to drink more.

### Gentle Observation and Grooming

- **Use Gentle Grooming or Hands-On Check-Ins:** Taking the time to gently groom your animal or conduct hands-on check-ins can help you notice any subtle changes in their body. This practice fosters a stronger bond between you and your horse while allowing you to monitor their physical condition more closely.

### Track Changes Over Time

- **Document Behavior and Posture:** Keeping a record of your animal's behavior and posture post-session can be invaluable. Note any changes or patterns over time, as this information can provide insights into their health and the effectiveness of the bodywork. This documentation can also be shared with your veterinarian or bodywork practitioner for further guidance.

By implementing these tips, you can support your animal's recovery and ensure they receive the full benefits of their bodywork session. Remember, each animal may respond differently, so tailor these suggestions to best suit their individual needs.



# When to Rebook or Follow Up

## Indications for Rebooking

### 1. Recurring Tension

If you notice that tension is returning in the same areas, it might be time to rebook. This could be physical tension in muscles or any recurring discomfort that affects performance or daily activities. Addressing these recurring issues promptly can prevent them from becoming chronic problems.

### 2. Decline in Movement Quality

A noticeable decline in movement quality or increased resistance, especially under saddle, indicates the need for a follow-up. This can manifest as stiffness, reluctance, or a decrease in fluidity, which could hinder performance and lead to further issues if not addressed.

## Scheduling Guidelines

### Maintenance Cadence

For general maintenance, rebooking every **4-6 weeks** is typically sufficient. This schedule helps in keeping conditions in check and preventing the onset of new issues.

### Performance Horses

Performance horses often require more frequent care due to the demands placed on their bodies. It's advisable to have sessions every **2-4 weeks** to ensure they remain in peak condition.

### Special Cases

In cases involving certain injuries, weekly sessions might be necessary initially. This frequent care can aid in quicker recovery and should taper off as the condition improves.

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# Session Notes & Tracker

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Tracking your horse's response to bodywork sessions can be an invaluable tool for understanding their needs and improving their overall care. By documenting reactions and behaviors after each session, as well as noting any changes between sessions, you can identify patterns that will guide future care decisions. Here's how to effectively use a tracking sheet for this purpose:

## Purpose of the Tracking Sheet

- **Identify Patterns:** Observing consistent reactions can help pinpoint specific issues or areas of improvement.
- **Guide Future Care:** Information gathered can inform decisions on frequency, type, and focus areas for future sessions.
- **Monitor Progress:** Tracking changes over time provides insight into the effectiveness of the bodywork treatments.

Printable Weekly Tracker

HORSE OWNER'S  
WEEKLY BODY CHECK TRACKER

Horse: \_\_\_\_\_ Week of: \_\_\_\_\_

Stiffness

☐ None      ☐ Mild      ☐ Moderate/Severe

Swelling

☐ None      ☐ Mild      ☐ Moderate/Severe

Movement Quality

☐ Free      ☐ Restricted      ☐ Choppy

Body Scan

☐ Poll      ☐ Neck  
☐ Back      ☐ Hips  
☐ Shoulders      ☐ Legs

Behavior

☐ Normal      ☐ Irritable  
☐ Restless      ☐ Dull

Energy

☐ High      ☐ Good  
☐ Low      ☐ Lethargic

Notes:  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Next Bodywork Appointment:\_\_\_\_\_