



*Happily Equine
After*

EQUINE WELLNESS

Equine Cryotherapy Best Practices Guide

Helpful tips before and after your horse's cryotherapy appointment to support comfort, recovery, and the best possible results.

Before Your Appointment

- **Have your horse in and ready:** Please have your horse brought in, haltered, and easily accessible before the appointment.
- **Keep treatment areas clean and dry:** Excessive mud, moisture, sweat, or dirt can interfere with treatment.
- **Avoid topical products:** Please avoid liniments, ointments, sprays, oils, wraps, or heavy coat products before treatment.
- **Share health updates:** Please let me know about medications, injections, injuries, veterinary treatments, or sensitive areas.
- **Provide a calm environment:** A quieter environment helps horses relax and tolerate treatment comfortably.

Aftercare Recommendations

- **Allow your horse time to relax:** Many horses benefit from quiet time following treatment sessions.
- **Monitor the treatment area:** Mild temporary sensitivity may occasionally occur after therapy.
- **Follow exercise recommendations:** Depending on your horse's needs, lighter activity may be recommended immediately after treatment.
- **Encourage hydration:** Fresh water and normal turnout can help support recovery and overall wellness.
- **Consistency matters:** Routine cryotherapy sessions may help support long-term comfort, mobility, and recovery.

Because your horse deserves to feel great.