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Benefits of Bodywork and descriptions of Modalities

Bodywork is a great way to enhance your horse's program as it helps to relieve stress in the tissues, promoting better blood flow and over all circulation. Improves mood, appetite, and promotes relaxation. When the body can let down it's guards that accumulate from life, work, illness or injury it can positively effect the ability to right abnormalities and return to stasis. The following are some of the modalities used to help remove disturbances within the tissues.

Equine Sports Massage helps to remove muscle spasms, loosen adhesions and scar tissue which can restore range of motion and flexibility by reducing tension on the collagen fibers as they heal and realign post trauma.

Myofascial release elongates the fascial tissue with slow, gentle pressure on the restriction or tissue barrier, targeting these areas to break up the congestion that leads to sore tight muscles.

Trigger Point can be used to relieve muscle tension, improving flexibility, increasing overall range of motion.

Masterson Method relaxes the body, relieves stress and pain in the muscles and connective tissue.

Acupressure helps bring Chi, life promoting energy as well as nourishing blood to the bodies tissues and organs.

Craniosacral can help the central nervous system to run smoothly by removing restrictions in the surrounding fascia which helps to restore balance by applying subtle motions to the head, neck and spine and extremities to release tension patterns and improve the flow of the cerebrospinal fluid throughout.

Reiki Energy can help physical - such as injuries, stiffness, stomach troubles, loss of appetite as well as post surgical recovery. Emotion - anxiety, bereavement and loss, behavioral issues, separation anxiety. It relaxes and brings peaceful calm to the body which allows for stasis to return.