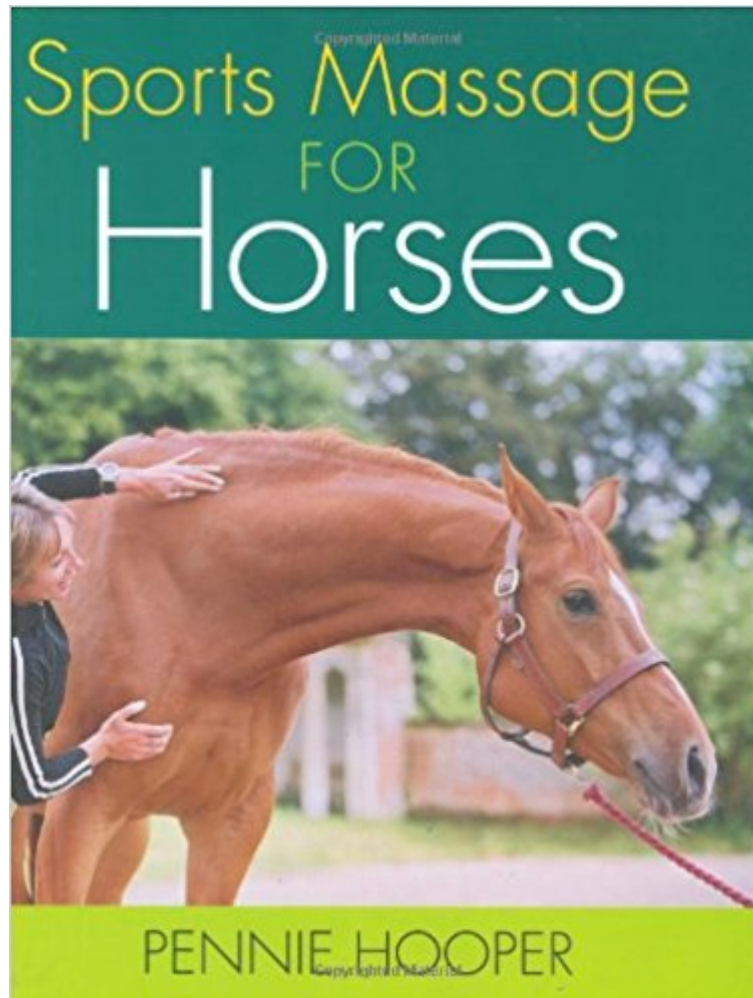




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# Sports Massage For Horses



## Synopsis

Whether your horse is a trained competitor or a weekend trail mount, he can suffer from muscular stiffness, strain, and injury, just like a human athlete. All of these common complaints can be treatedâand further physical deterioration avoidedâwith sports massage. In this superbly illustrated, step-by-step guide, human and equine massage therapist Pennie Hooper explains that, with a little practice and simple techniquesânamely compression and cross-fiber frictionâyou can give your horse a basic sports massage. Not only will his physical self transform as he feels better and moves more freely; you will find his responsiveness and general attitude toward work will improve, as well.

## Book Information

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## Customer Reviews

"Clear diagrams and photos show where and how to apply the massage techniques to aid specific problems."Â #151;Horses All"A highly readable and instructive manual. . . . Whatever your discipline, you will find this book instructive and beneficial."Â #151;The Aiken Horse

Pennie Hooper is a professional massage therapist trained by world-renowned massage therapist Jack Mahre.

this helped me understand the muscle system of the horse better. I learned some rehab with horses and the book was good enough to massage your horse correctly. A nice addition to learning through

hands on by an expert.

Great condition!

This is a wonderful book for the everyday horse owner or caretaker. The photos and descriptions are so helpful! My 2 horses say, "Thank you"!

I have seen amazing results from having a professional equine massage therapist work on my horse and hoped this book could teach me to give my horse massages that would supplement the professional ones. I was very disappointed. The illustrations fall short of clarifying the text and the text is quite vague. The writing style is almost too casual and the author's use of British terms could be confusing to some. The book is very short and could have been shortened further if most of the pages weren't filled with white space and pictures of the author grinning like an idiot in poses that do not explain what she's doing. The techniques the author describes makes one think that just currying a horse will suffice as a thorough massage. I imagine there are better books on how to give a sports massage to a horse. Hopefully I will come across one soon.

I have better books about equine massage. This is just brushing the surface. But it's good if you want to begin to learn.

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