



Step-by-Step Equine Massage: Storey's Country Wisdom Bulletin A-2776 (Storey Country Wisdom Bulletin)

Cherry Baldridge, Candy Sipka

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Relieve Soreness, Improve Flexibility, and Keep Your Horse Sound

Does your horse have a nagging soreness that won't go away? Does a mystery lameness come and go without obvious cause? Has your horse's performance deteriorated over the past few months? Do you want to prevent these problems from happening? If your answer is yes, then equine massage can help!

Massage therapy is an excellent tool for preventing and relieving muscle soreness in horses. With the simple step-by-step techniques outlined by sisters Candy Sipka and Cherry Baldridge, you'll be able to identify and solve muscle soreness, on your own or with the assistance of a professional equine massage therapist. You'll learn the proper massage techniques and where to use them on a horse, simple stretches that can restore or improve a horse's flexibility, and even the proper position to take when working hands-on with a horse.

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