



AFTERCARE

Water

Please offer your horse plenty of extra clean fresh water after the massage. The techniques used in an equine sports massage help to drain any build up of toxins in the muscles. By giving extra water this will help your horse to flush out these toxins.

Exercise

Please allow a day off from any exercise, work can resume on day 2. Your horse will benefit from turnout as usual after the massage.

Stretches

Please follow any recommended stretches as per the aftercare plan for your horse.

Important points:

- Any stretching carried out on your horse must be done on warm muscles (after exercise).
- Please carry all stretching in a safe environment to ensure you and your horse are safe.
- Horse to be stood square and on a flat surface before carrying out a stretch.
- If a handler is not available, please ensure your horse is either tied up (quick release knot) or you are able to hold (depending on the stretch).

Any questions, please do not hesitate to contact me.

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