



### ❁❁ TREATING INJURIES TO MOTION ❁❁

Muscles respond to overuse and stress by first tightening, followed by spasm. These spasms interrupt the free flow of motion and energy in your horse by not allowing muscle to fully release after contraction. The result:

- ~ A Shortened Stride
- ~ Restricted Bending
- ~ Harder to One Side
- ~ Refusing or Switching Leads
- ~ Jumping FLat ~

### ❁❁ MASSAGE & BODYWORK ❁❁

I use massage and stress point therapies to facilitate a release in the targeted muscle(s), restoring range of motion, flexibility and usage. Knots are broken down, blood flow is increased, and muscles regain their ability to flex and release. The result:

- ~ Increased Range of Motion
- ~ Increased Flexibility
- ~ Re-establish Balance
- ~ Restore Maximum Efficiency
- ~ Restore the Free Flow of Motion

### ❁❁ TOTAL POTENTIAL ❁❁

A muscle has two movements. It contracts and it relaxes. Both are required to move a joint through its normal range. This is called *reciprocating*.

When a muscle spasms and tightens, it may not represent, in itself, much loss in ability or performance. Unaware of the knot, you continue to ask for the same level of performance you're used to, and your horse gives it. But in order to give it, your horse compensates by asking the next muscle or group of muscles in line to do a little more because of the injury "up stream".

Now *this* muscle group is being over used... and it spasms... and the problem cascades from one muscle to the next until no amount of compensation will help. The desire to give what's being asked overwhelms the horse and he pulls up injured. Now you have a problem.

Massage restores malfunctioning muscles to a healthy state of suppleness and elasticity. When all muscles are functioning as they should, your horse can work at his total potential.

*"We'd like to thank Bob for the work he did on our horses. We noticed improvement in their work and they were more relaxed in their stalls. We can't wait for you to come back for another session."*

**KEFA Performance Horses ~ Wilton, CA**



### **Bob Keller C. E. M. T.**

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## ❁ CARROT STRETCHES FOR DEVELOPING THE CORE ❁

No matter what equine discipline your horse participates in, exercises that help to improve flexibility and strengthen core muscles groups are beneficial to your horse when performed correctly and as part of a regular routine. Below are three easy-to-do stretches for your horse. Do these after your horse has worked and is warmed up so blood flow is already increased to the muscles. Do equally on both sides and observe any differences.



- Use a rope across a doorway to prevent him from walking forward. A stall door may be too tall.
- Using a carrot, encourage him to reach forward
- Keep the carrot at chest level for maximum effect on his back muscles. Hold for 5 - 10 seconds.
- Repeat 3 times.

This exercise flexes the muscles of the neck and relaxes the long muscles in the back. It stimulates the abs and muscles surrounding the scapula and shoulder.



- Using a carrot, encourage your horse to lower his head down and then between his front legs.
- Keep the carrot close but just out of reach of his lips to create a smooth transition downward.
- Hold for 5 - 10 seconds. - Repeat 3 times.

This exercise flexes the muscles of the neck and back, contracts the abdominal muscles to lift the back and flexes the thoracic vertebrae. Muscles through the neck, withers and chest, flex to lift the chest up and between the shoulder blades.



- Using a carrot, with your back to his side, lead the horse's head down and across your knee.
- Keep the carrot close but just out of reach of his lips to create a smooth downward movement.
- Hold for 5 - 10 seconds. - Repeat 3 times.
- As he gets good at this, move closer to his tail.

This exercise flexes the muscles of the neck and back, contracts the abdominal muscles to lift the back and flexes the thoracic and lumbar vertebrae. It will improve suppleness through the neck and shoulder junctions.