



Equine Massage: A Practical Guide

Jean-Pierre Hourdebaigt LMT

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People in the horse world know all too well that performance horses, like human athletes, are trained, fed and cared for so they can go faster, jump higher and run longer. Daily training and competing can result in injuries, aches and pains, which if treated by drugs alone may only mask the problem and not remedy it. This is why equine massage therapist Jean-Pierre Hourdebaigt created a program of techniques that will enable owners and riders, trainers and grooms to:

- Alleviate soreness and pain in the horse's most vulnerable stress sites.
- Identify and treat the injuries common to any horse sport.
- Use relaxation and maintenance routines for the horse's mental and physical well-being.

Hourdebaigt provides step-by-step instruction and more than 150 photographs and diagrams so that everyone?including nonprofessionals?can learn to massage their horse. Equine Massage may be the key to unlocking the door to a horse's future, one that promises good health and improved performance.

The Howell Equestrian Library

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