



# eNewsletter SUMMER 2009

## Equinological Evolution

While it's true that there has been too much news lately of closure and cut back in the equine industry, I'm pleased to report that from my perspective as editor of this newsletter, it seems that there is more going on than ever at Equinology and in the larger world of experts studying, teaching and practicing optimal horse care and performance.

David Marlin's class in Equine Exercise Physiology — which was the free IEBWA lecture at the Kellog Arabian Horse Center in Pomona this year — was a shining example of the kind of cutting edge learning and innovative thinking that Equinology's teachers offer us on a regular basis. It was a phenomenal class -- see pp.4 for the story, and to contribute to your support to research project being undertaken at Cal Pomona to quantify effects of equine sports massage. This is something that could benefit both horses and our profession!

Speaking of cutting edge, just at the right time, it seems, Equinology is now offering online classes so those of us with restricted budgets can satisfy our hunger to learn without travel expenses! See pp. 2-3 for more info about online and upcoming classes. Of particular note, the pre-course study for EQ 100 is now FREE online as EQ50- so if you're wondering where to start or need a chance to bone up, check it out! Also of note, Equinology is now a RACE certified provider of continuing education for veterinarians.

Whew! It seems like a lot to me...

Wishing you all well,

**Sarah**

**GET \$100 OFF** your next class with **EQ JUNKIE & BUDDY DEALS**  
*REGISTER BEFORE AUGUST 15TH*

### **Buddy Deal!**

Register for the same eligible course with another person and you both get \$100 off your tuition when paid in full.

### **EQ Junkies!**

Sign up for two eligible courses at the same time and get \$100 dollars off of each course when you pay the tuition in full. Sign up for another two, we'll give you the deal again!

**THE FINE PRINT:** The Buddy Deal and the EQ Junkie Award discounts may not be combined or applied retroactively to courses you have already registered for. USA, Australia and New Zealand courses only! Canada, UK and South Africa are separate companies and are not included in this special.



## INSIDE

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Move from Deb

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New Book Review: Megan Ayrault's *All About Animal Massage* series

# Welcome to Equinology's Online Classroom!



**SIGN UP TODAY FOR ONLINE CLASSES**  
with Dr. Eleanor M. Kellon, VMD  
*EQ 1300- Equine Neurology, Muscle Physiology and Pathologies or EQ 1400- Nutrition, NRC Plus*

Eleanor Kellon, VMD of Equine Nutritional Solutions, Ephrata, Pennsylvania, is one of a handful of experts in the field of applications of nutraceuticals for horses. She is an authority in the field of equine nutrition as well as conditions affecting performance horses. As co-owner and moderator of the Yahoo Equine Cushings and Insulin Resistance list, a group that has over 6800 members, Dr. Kellon is a most valuable resource.

Both courses that are offered for Equinology credit are required for MEBW certification. You will need to complete an Equinology externship after passing the final exam and completing the course.

[www.drkellon.com](http://www.drkellon.com)

**UPCOMING CLASSES**  
with Dr. Eleanor M. Kellon, VMD  
EQ1300: Equine Neurology,  
Muscle Physiology & Pathologies  
July 15 through Sept. 28  
Oct. 12 through Dec. 21  
EQ1400: Nutrition: NRC Plus  
July 15 through Sept. 28  
Oct. 12 through Dec. 21

**ALSO ONLINE!!**

[www.equinology.com](http://www.equinology.com)

## EQ1500: Horse & Rider - First Aid

You may take this course at any time.

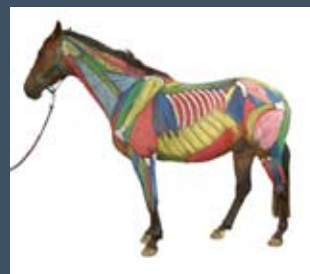
This course is a new requirement for the EBWII certification. It replaces the previous requirement, Horse Handling, Behavior and Ground Exercises for those working towards the EBWII certification. If you have already completed the Horse Handling, Behavior and Ground Exercise course you will not need to take this course for your EBWII certification although it is strongly recommended.



## EQ50: Equine Anatomy

This online course is now free until 2011 to anyone wishing to broaden their knowledge of veterinary terminology and the musculoskeletal system of the horse. This 100 hour EQ50 online course is also the required precourse study guide used for our signature EQ100, EQ101 and EQ102 courses in Equine Body Worker certification. You will also find it very helpful if taking any other courses from any program including Equinology's courses in anatomy, neurology, biomechanics, saddle fitting and any other modality for horses. The EQ50 course offers 50 continuing education hours for members of the National Certification Board of Therapeutic Massage and Bodywork.

# FREE ONLINE ANATOMY COURSE!



[www.equinology.com](http://www.equinology.com)

Equinology eNewsletter Summer 2009

## A Quick Review of Requirements for becoming EBWII Certified...

EQ103: Advanced Equine Massage Techniques Level 1

EQ300: Biomechanics, Applied Anatomy and Gait Abnormalities

EQ700: Principles of Saddle Fitting and Shoeing Dynamics Level 1

EQ900 or EQ910 or EQ200: Progressive Anatomy or 5-Day Full  
Body Dissection or Equiken® Basic

EQ1500: Equine First Aid for Horse and Rider ONLINE

Please note: The EQ1500: Horse Handling, Behavior and Ground Exercise course  
will fulfill this section requirement for those having already attended

Testing for the Equine Body Worker® Level II (EBWII) Certification Program  
(Total of 900 hours with test preparation)

Successful completion of EQ100 or EQ101 or EQ102: Equine Body Worker® (EBW) Certification Course and the required externship or comparable course is required before testing for the level two certification. Those challenging the Equine Body Worker® (EBW) Certification program must first contact the office before registering for EQ103 for testing to challenge the foundation EBW course.

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## DAVID MARLIN SETS EQUINE BODY WORKERS ON FIRE

If you get a chance to learn from David Marlin, don't pass it up. It is safe to say he blew our collective mind with his scientific proofs and refutations of universally held equine myths. We now know that the old myth is scientifically true, the big-hearted horse wins the race. And that if you breed two big hearted horses, there is only a one in five chance that their offspring will also have a big heart. We now know that you can't build endurance by sprinting your horse, and that you can only decrease sprinting speed by training for endurance. We learned that training all horses in the same way overconditions athletes with less potential and underconditions potentially elite horses. It is safe to say that none of us will see anything quite the same way again...

For a bit more detail, check out the entries for April 11-18, 2009 Entry in David Marlin's "Celebrity Blog" on [www.HorseHero.com](http://www.HorseHero.com). This site is worth bookmarking and registering for, not only so you can read David's candid and entertaining blog, but because it has a great library of videos of horses in motion and riders in reflection.

For more about David Marlin visit <http://www.davidmarlin.co.uk/>

An excerpt from David Marlin's Celebrity Blog  
on [www.horsehero.com](http://www.horsehero.com)



4/13/09 "Today was my first visit to the Kellogg Centre at Cal Poly Pomona with Deb Pattillo, the director of Equinology. This centre contributed greatly to our knowledge of horse exercise (or equine exercise physiology), not just with Don Hoyt's work but through the work of Dr. Steve Wickler. Steve was a great vet and scientist and a real character. He sadly passed away just over two years ago from a brain tumour. It looks as though the equine research centre has never recovered or even dared to try and replace him. Everything is mothballed and there is just

Holly Greene keeping it open. Holly was Steve's technician for many years and is a great scientist in her own right. Steve also used to teach the course I am here to teach so it's a little strange to be in his lab without him being there."

4/14/09

"In the next four days I am going to cover training, exercise, performance, selecting for performance, welfare, injuries, locomotion, muscle, heart, respiratory, thermoregulation, optimising performance, fitness testing and transport. This is combined with practical sessions on the treadmill and in the outdoor arena."



## A Research Project is Born!

During David Marlin's class, we spent a lot of time in Dr. Steven Wickler's now-quiet lab at the Kellogg Arabian Horse Center at Cal Poly Pomona doing spreadsheets and math. Perhaps it was the preponderance of vigorous mental activity that sent the mind of one student into overdrive. Meg Garbutt found herself overwhelmingly curious about the empty lab, and Holly Greene's role in it, and the potential the lab represented. (see excerpt from David Marlin's blog on previous page for backstory.)

Even while she was supposed to be counting and calculating stride lengths as Molly the TB cantered on the treadmill under Holly's direction, Meg found herself wondering instead if there was a way a real study could be done here, in this lab, measuring the effects of sports massage on equine performance.

And so she started chatting it up with Holly, who started chatting it up with Dr. Hoyt, who started chatting it up with Meg, who started chatting it up with Debranne. And lo and behold, several weeks and many conversations later, Holly Greene is directing a preliminary study in the lab this summer in preparation for an August 15th call for abstracts for the International Conference on Equine Exercise Physiology; Capetown, South Africa, November 7-12, 2010. Visit ICEEP <http://www.iceep.org/> for more information.

The study, which is being coordinated by IEBWA Research and Development Director Meg Garbutt, begins mid-June when Debranne Pattillo, Deborah Adams (President of IEBWA), and Liz Heinrich meet for a walk through and assessment of the four participating horses. Liz Heinrich is the Southern CA Equinology Coordinator and an IEBWA member from the San Juan Capistrano area who will be developing the massage protocols and doing bodywork. Stay tuned!

### PLEASE GIVE YOUR SUPPORT to IEBWA-sponsored research projects

It's shaping up to be a landmark year for the IEBWA as they take on sponsoring the first studies quantifying the effects of equine bodywork at the Kellogg Arabian Horse Center at Cal Poly Pomona.

Your gift of \$50, \$100, or \$250 to the IEBWA in support of this groundbreaking research will help ensure the future of ongoing equine research at this established facility and create the possibility for greater collaboration between the worlds of equine performance and equine bodywork.

Checks may be made out to IEBWA and mailed to POB 1192, Gualala, CA 95445 USA. Put IEBWA research donation in the check memo line. Call 707-884-9963 with MC or VISA details. Thank you for your tax deductible gift!



## Cool Tools! Check out [www.AllAboutAnimalMassage.com](http://www.AllAboutAnimalMassage.com)

Book Review by Sarah Miles

Megan Ayrault's new books, **The Dog and Horse Lover's Guides to Massage**, subtitled respectively "*What Your Horse Wants You to Know*" and "*What Your Dog Wants You to Know*," and accompanying website, [www.AllAboutAnimalMassage.com](http://www.AllAboutAnimalMassage.com), offer us a very plugged-in forum for education and communication about bodywork for dogs, horses, cats, and more!

Equine and canine body workers and animal massage professionals work in a relatively new and developing field. This is simultaneously freeing, because everything is new — and challenging — because for the most part, people remain uneducated about the benefits and necessities of regular preventive body work for healthy, hard-working, injured, and aged animals alike.



MEGAN AYRAULT is a Licensed Massage Practitioner for animals and people, as well as a professional educator. Her interest in massage for animals was inspired by her work in therapeutic riding for people with disabilities. Megan teaches with the Northwest School of Animal Massage and maintains a private practice near Seattle, Washington.

### ***Have you ever wished:***

***That the public knew more about animal massage or when to call a bodyworker?***

***That you had better resources describing moves and stretches to give animal owners for "homework" between sessions?***

***That you had a better sense of the other professionals in the field and a way to exchange information and ideas?***

Then you'll be pleased with the multimedia educational forum that Megan has created at [www.AllAboutAnimalMassage.com](http://www.AllAboutAnimalMassage.com). Her new book series and website offer readers tools and a place to develop conversations and learn "all about animal massage." Go online at [www.AllAboutAnimalMassage.com](http://www.AllAboutAnimalMassage.com) to network with other professionals, shop the store and purchase Megan's books or accompanying journals, or download a useful FREE ebook "Animal Massage: A Consumer Guide" that nicely outlines goals, benefits, contraindications and resources for animal massage.

You can also visit <http://www.youtube.com/watch?v=YdrvveoKOGI> to view a video of Megan demonstrating techniques for ribwork from her book, or go to <http://allaboutanimalmassage.com/experts/our-network/> for an introduction to setting up your own page on the Animal Wellness Network and join the forum. To start by browsing the Ning site, go to <http://animalwellness.ning.com/>

Another great feature of Megan's website is the Experts page and newsletter, featuring highly respected equine professionals, such as our very own Debranne Pattillo and Ruth Mitchell Golladay among others:

<http://allaboutanimalmassage.com/experts/>. Megan's books seem like a particularly nice gift for any horse or dog lover (including a teenaged one!) If you need a little more participation and awareness from animal owners you work with, Megan's insightful books may help them develop greater sensitivity for their animal companions. Megan Ayrault's compassionate teaching and innovative use of new internet tools like youtube, Ning, Facebook, downloadable e-books, e-newsletters, and blogs will help catapult all of us into a new era of holistic pet care.



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## Sports Massage in the News: The Case of Mercedes Clemens



Mercedes is both a licensed human and equine massage therapist who is challenging the regulations regarding animal massage in the state of Maryland. A press release from the Institute of Justice, the non-profit agency representing Mercedes' suit wrote, "In February 2008, the Maryland Board of Chiropractic Examiners which licenses massage therapists threatened Mercedes with criminal sanctions and the loss of her license to massage people unless she stops practicing animal massage and takes down the parts of her website offering the service. Included with a letter from the Chiropractic Board was a letter from the Veterinary Board in which the Board's

President, Chris H. Runde, stated that Maryland's veterinary practice act encompassed massage therapy ... [and] other manual techniques on animals. The letter also stated that, "an individual who is not a licensed veterinarian who performs any of these procedures on an animal would be considered to be practicing veterinary medicine without a license." But after Mercedes Clemens brought the lawsuit challenging the veterinary monopoly on animal massage, the Veterinary Board backpedaled. According to the Veterinary Board's subsequent statement, Ms. Clemens is not prohibited from massaging horses for the purposes she describes in her lawsuit.

This statement reflects the current 2003 MD veterinary board. This story went out on an associated press (AP) release and was picked up by over 290 sources and was featured on the main AOL news page for over a day. AOL included a poll with two questions, one of which asked if Mercedes should be permitted to massage horses (88% yes), and the other asking if people were aware that there was such a thing as animal massage (55% yes/45% no). Over 47,000 people responded to the poll.

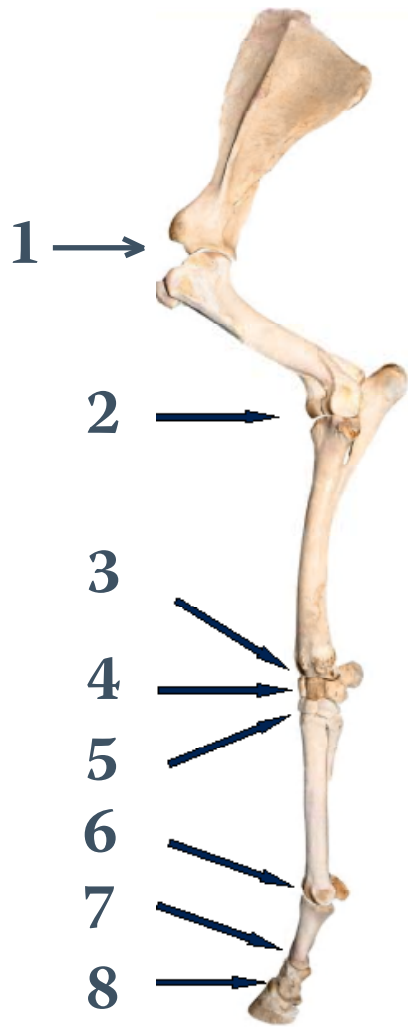
Months later, the case is at a standstill. Despite conceding that the regulation of animal massage is beyond the Maryland Chiropractic Board's authority, both in writing and in Court, and despite the strong urging of the judge at the early May hearing, the Board has FAILED to rescind the cease-and-desist animal massage order. The Maryland Chiropractic Board refuses to budge on their position that licensed MT's can't massage animals. (Does it make it more ridiculous that anyone who is NOT licensed as an MT can legally practice animal massage professionally?) Mercedes and the Institute for Justice filed a motion for Summary Judgment on Wednesday, June 3, 2009. The next court hearing is June 17 at 2:30 pm.

Visit <http://www.thebetteranimal.com/news.html> to catch up on the news about Mercedes' groundbreaking case or follow the latest developments via Twitter — please visit & bookmark: <http://twitter.com/mercedesclemens>

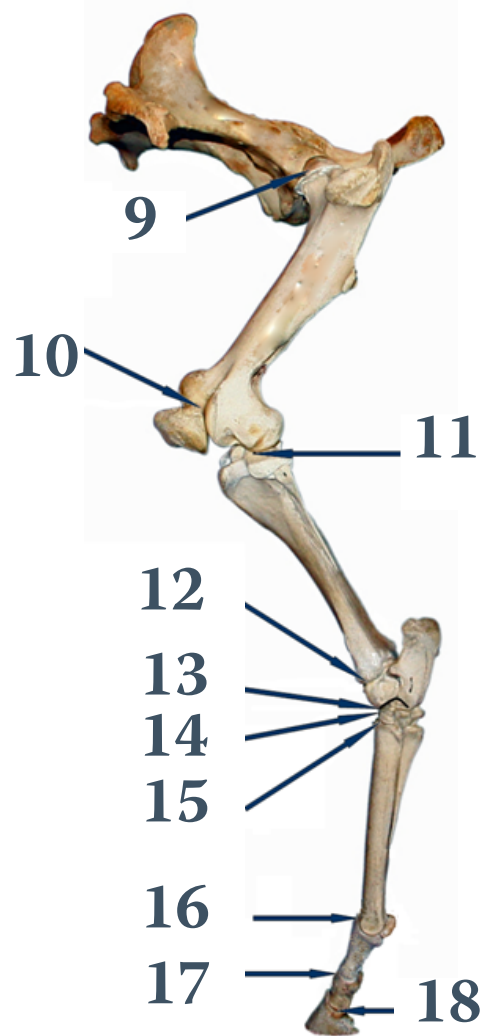


## Bone Up!

Take a minute to limb-er up on the proper names of the joints of the equine fore and hindlimbs.



- Joints of the Pelvic Limb
- 9. Coxofemoral joint (hip)
  - 10. Femoropatellar joint (stifle)
  - 11. Femorotibial joint (stifle)
  - 12. Tarsocrural or tibiotarsal joint (tarsus)
  - 13. Proximal intertarsal joint (tarsus)
  - 14. Distal intertarsal joint (tarsus)
  - 15. Tarsometatarsal joint (tarsus)
  - 16. Metatarsophalangeal joint (fetlock)
  - 17. Proximal interphalangeal joint (pastern)
  - 18. Distal interphalangeal joint (coffin)



- Joints of the Thoracic Limb
- 1. Scapulohumeral joint (shoulder)
  - 2. Humeroradial with Humero-ulnar joint (elbow)
  - 3. Radiocarpal joint (carpus)
  - 4. Midcarpal joint (carpus)
  - 5. Carpometacarpal joint (carpus)
  - 6. Metacarpophalangeal joint (fetlock)
  - 7. Proximal interphalangeal joint (pastern)
  - 8. Distal interphalangeal joint (coffin)



## Deb's Favorites: Shoulder Combo

by Debranne Pattillo, MEBW

*Debranne Pattillo is the CEO of Equinology INC®. She is the chief instructor for the Equine Body Worker Certification Courses (equine massage), Advanced Equine Massage Techniques Level One, the Progressive Equine Anatomy and Equine Stretching courses. Debranne lives in Gualala, CA and holds a long time practice as a Master Equine Body Worker in the neighboring 5 counties. She spends over 300 days a year on the road tending to horses and teaching.*



Before starting here, first locate the spine of the shoulder blade. For this move it is very important that your hands work on either side of the prominence. As a reminder this is the white line shown in between the arrows.

Preparing the area: Place your hands in the position as shown and slowly slide up using the edge of your front hand and the palm of your other hand. When you reach the top you can use your finger pads to rake back downwards.



**Start of Shoulder Combo prep**





Rest both of your forearms as shown in the photo with your hands held loosely together. Stay in this beginning position until the horse leans in asking for more pressure. Instead of pushing think about sinking and blending into the area. Once the horse weights the limb on the same side you are addressing you'll notice your arms slowly start to slide upward.

## Melting inward with your forearms

As you move upward let your elbow move away from each other so you can include the trapezius muscles which are the two vivid green muscles on either side of the spine shown in the painted horse photo.



## Following the trapezius muscle





**As you continue higher, your hands will need to separate.**

As you continue up higher your hands will need to separate. It should take at least 60 to 90 seconds for the entire pass. Once completed, repeat the shoulder combo move.

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## Equinology Schedule of Classes 2009-2010

Courses in US, New Zealand, and Australia are eligible for both the Buddy Deal and the EQ Junkie Awards-- see the list on the next page. Course details can change, so always check the website for the latest information.

### USA

EQ101: **Equine Body Worker® Certification Course (Extended Version)**; August 03, 2009 - August 14, 2009. Location: California, Northern; Petaluma: Flying Cloud Farm

EQ100: **Equine Body Worker® Certification Course**; August 18, 2009 - August 26, 2009. Location: Michigan; East Lansing Area

EQ900: **Anatomy Discovery Workshop** ; October 10, 2009 - October 18, 2009. Location: California, Northern; The Sea Ranch: TSR Stables

EQ300: **Biomechanics, Applied Anatomy and Gait Abnormalities**; October 12, 2009 - October 15, 2009. Location: Michigan; East Lansing: The McPhail Equine Performance Center at MSU

EQ700: **Principles of Saddle Fitting and Shoeing Dynamics**; October 23, 2009 - October 26, 2009. Location: California, Southern: Winterbrook Ranch

EQ1205: **Introduction to Human CranioSacral Techniques**; October 27, 2009 - October 28, 2009. Location: California, Southern: Lake Elsinore

EQ1200: **Equine CranioSacral Therapy I**; October 29, 2009 - November 01, 2009. Location: California, Southern; Murrieta, Winterbrook Ranch

EQ100: **Equine Body Worker® Certification Course**; November 06, 2009 - November 14, 2009. Location: California, Southern: Murrieta, Winterbrook Ranch

EQ1210: **Equine CranioSacral Therapy: Level II**; November 20, 2009 - November 22, 2009. Location: California, Southern: Lake Elsinore, Holiday Inn

EQ910: **Equine 5 Day Dissection Class**; December 01, 2009 - December 05, 2009. Location: California, Central; Livingston: Equine Studies Institute

EQ910: **Equine Skeleton Assembly Workshop**; December 07, 2009 - December 09, 2009. Location: California, Central; Livingston: Equine Studies Institute

EQ106: **Equine Body Worker® Certification Course REVIEW**; February 05, 2010 - February 07, 2010. Location: California, Northern; Petaluma: Flying Cloud Farm

### NEW CLASS!

EQ2030: **Equine Positional Release**; February 19, 2010 - February 21, 2010. Location: California, Northern; Petaluma: Flying Cloud Farm

EQ107: **Advanced Review**; February 09, 2010 - February 13, 2010. Location: California, Northern; Petaluma: Flying Cloud Farm

EQ101: **Equine Body Worker® Certification Course (Extended Version)**; April 12, 2010 - April 23, 2010. Location: California, Northern; Petaluma: Flying Cloud Farm

EQ103: **Advanced Equine Massage Techniques Level One**; April 26, 2010 - April 30, 2010. Location: California, Northern; Petaluma: Flying Cloud Farm

### UK

**Essex; Chelmsford: Writtle College**

EQ100: **Equine Body Worker® Certification Course**; September 02, 2009 - September 10, 2009

EQ103: **Advanced Equine Massage Techniques Level One**; September 13, 2009 - September 17, 2009

### CANADA

EQ1100: **Equine Myofascial Release Level 1**, October 5-9, 2009. Location: Calgary, Canada

EQ100: **Equine Body Worker® Certification Course**; Oct. 22-30, 2009. Location: Calgary, Canada

EQ103: **Advanced Equine Massage Techniques Level One**; November 18, 2009 - November 22, 2009

### NEW ZEALAND

EQ100NZ: **Equine Body Worker® Certification Course**; January 16, 2010 - January 24, 2010. Location: Auckland, New Zealand

### AUSTRALIA

EQ100: **Equine Body Worker® Certification Course**; March 4, 2010 - March 12, 2010. Location: Australia, QLD; Samford, Samford Showgrounds

EQ103: **Advanced Equine Massage Techniques Level One**; March 15, 2010 - March 19, 2010. Location: Australia, QLD; Samford, Samford Showgrounds

EQ100: **Equine Body Worker® Certification Course**; March 4, 2010 - March 12, 2010. Location: Australia, QLD; Samford, Samford Showgrounds

EQ100: **Equine Body Worker® Certification Course**; March 23, 2010 - March 31, 2010. Location: Australia, WA; Upper Swan: Brookleigh Equestrian Centre



# Complete List of Courses Eligible for Buddy Deals and EQ Junkie Awards!



EQ100 or 101:

Equine Body Worker® Certification  
with Debranne Pattillo or Ruth Mitchell-Golladay

Aug. 3-14, 2009: EQ101FCF: Northern CA

Aug. 18-26, 2009: EQ100MI: MSU Michigan

Nov. 6-14, 2009: EQ100WBR: Southern CA

March 4 -12, 2010 EQ100QLD: QLD Australia

March 23-31, 2010: EQ100BEC: Western  
Australia

Oct. 10-18, 2009: EQ900TSR: Northern CA

EQ900: Progressive Anatomy Workshop  
with Debranne Pattillo

Oct. 12-15, 2009: EQ300MSU: MSU; Michigan

EQ300: Biomechanics with Dr. Hilary Clayton

Oct. 23-26, 2009: EQ700WDR: Southern CA

EQ700: Saddle Fit and Farrier Dynamics  
with Dr. Kerry Ridgway

Oct. 29-Nov 1, 2009: EQ1200

Lake Elsinore

EQ1200: Equine Craniosacral Therapy Level One  
with Gail Wetzler (EQ 1205 10/27-28 required)

Nov. 2-6, 2009: EQ1100FCF: Northern CA

EQ1100: Equine MFR Level One  
with Ruth Mitchell Golladay

Nov. 8-10, 2009: EQ1110FCF: Northern CA

EQ1110: Equine MFR Level Two  
with Ruth Mitchell Golladay

Nov. 20-22, 2009 EQ1210WDR: Southern  
CA EQ1210: Equine Craniosacral Therapy  
Level Two with Gail Wetzler

Dec. 1-5, 2009: EQ910ESI: Central CA  
EQ910: Equine 5 Day Dissection Class with  
Dr. Deb Bennett

Dec 7-9, 2009: EQ920EIS: Central CA  
EQ920: Equine Skeleton Assembly Work-  
shop with Dr. Deb Bennett



**Caninology**  
CANINOLOGY.COM

**These Caninology Courses  
are also eligible for Buddy  
Deals and Junkie Awards!**

**CN3005DD:**

**Intro to Canine Massage**

*with Beverly Adams, CMT*

Oct. 18-19, 2009; Northern CA

**CN3000: Canine Body Worker®  
Certification Course**

*with Beverly Adams, CMT*

Oct. 21-28, 2009; Northern CA

**CN3040: Canine Myofascial  
Release Techniques**

**Level I**

*with Ruth  
Mitchell Golladay*

Nov. 2009

Northern CA

