

Massaging My Horse

A GUIDED JOURNAL



Megan Ayrault, LMP, L/SAMP

*Licensed Massage Practitioner
Large and Small Animal Massage Practitioner*

www.AllAboutAnimalMassage.com

This book is intended for animal owners and caregivers to learn information and skills that will complement care from professionals, including from veterinarians. It is not intended as a substitute for veterinary advice, diagnosis, or treatment. Animal owners should consult their veterinarians regularly, including in regard to any symptoms that may require diagnosis or treatment.

Any animal handling, including massage and bodywork, holds the potential for harm to handler, animal or both. The author and her associates assume no liability for how the information in this book, or in the other resources at AllAboutAnimalMassage.com, is implemented.

Copyright © 2009 by Megan Ayrault

All rights reserved. Printed in the United States of America

No part of this book may be used or reproduced in any form or by any means, electronic or mechanical, including photocopying, recording, or by any information storage and retrieval systems, without written permission of the publisher or author, except where permitted by law.

Published by
All About Animal Massage
PO Box 56
Kirkland, WA 98083
www.AllAboutAnimalMassage.com

Illustrations by Margo McKnight, ©The Northwest School of Animal Massage

Introduction

Welcome! Whether you've massaged your horse a thousand times before, or whether you are completely new to animal massage, you are on a learning adventure that may seem a little challenging at times, but is also fun and always rewarding. This journal will guide you through the steps of practicing what you learn in *The Horse Lover's Guide to Massage: What Your Horse Wants You to Know*. It will also teach you plenty more along the way. Enjoy your journey!

Using this journal will not only help you learn to massage your horse, but it will also develop your ability to observe his or her body, comfort, and communication. The information, questions, and charts in this journal will teach you about assessing what you see, what you feel under your hands, what your horse tells you, and what you sense in other, more subtle ways, including using your intuition. All of these observations will tell you about your horse's body, and also tell you about the effects of your massage. By the time you've completed the journal, you will have a record of your horse's patterns of stress or challenges, and also of the changes that happen as you continue to use massage.

Please note that this journal does not attempt to explain any causes for the observations you will make (tension, soreness, heat, swelling, asymmetries, etc.). There are many factors influencing how your horse's body will function and feel, how healthy and comfortable he or she will be: factors such as general health, past injuries or traumas, conformation, genetics, nutrition, training and handling, athletic activities, and issues of shoeing and trimming, saddles, dental care, footing (surfaces being ridden on), and rider skill and balance. Any of these and more could be a source of imbalance or challenge for your horse's body, and should be considered carefully as you care for your horse and assess the need for massage and bodywork.

Overview

There are 10 steps in this journal, as listed below. The journal will provide you with the information and tools you need to accomplish each step.

1. **Preview** this journal and read part one (or more) of the book.
2. **Set goals.**
3. Complete the "**Before**" **Observations.**
4. **Review your goals.**
5. **Massaging Your Horse** (as laid out in the book).
6. **Record** each session and your observations.
7. **Repeat** steps 5 and 6 for at least 10 sessions.
8. Complete the "**After**" **Observations.**
9. **Review** your goals.
10. Record and **celebrate** your accomplishments!

You also have an additional tool, our website, www.AllAboutAnimalMassage.com. Remember to visit and use the many resources there any time you have a question, or when you are just ready to learn more.

Step I: Preview

Look through this journal without filling in any answers or observations yet. Read chapters 1 through 6 of the book: *The Horse Lover's Guide to Massage*.

Step 2: Set Goals

Top two reasons to set goals:

1. So you'll know when you've reached them.
2. Because you will be more likely **to** reach them.

Take a few minutes now to think about your goals. Write down any thoughts that come to mind as you consider the questions below. You will be reviewing these goals at least twice later in this journal: after completing your "Before" observations, and later as you complete the journal after a series of massages.

My Learning Goals

What would you like to be able to do or understand by the time you've finished this journal that you can't do now or don't know yet? What would you like to do or understand better than you do now?

Step 3: “Before” Observations

These will be divided into four main categories:

1. Background
2. General Impressions
3. Visual Symmetry
4. Palpation (Feel)

It may be helpful to read the beginning of chapter 7 of your book, through Technique 1: Full Body Stroking, before completing the palpation exercises, though it is not necessary at this stage. These “Before” Observations will take some time, perhaps even more than one session. Don’t expect to practice massage at the same time you make the observations, although you will be practicing your touch skills. See how you and your animal are feeling by the time you’ve completed Steps 3 and 4, before deciding when to proceed to Step 5: Massaging Your Horse.

Your most important goal is to spend time massaging your horse, right? Remember that this journal is always here for you. It’s laid out in a way designed to support your learning, but that doesn’t mean you can’t take a break at any point, and just focus on loving your horse with massage. The exercises and information in this journal will take some time and careful attention no matter what your age or experience. Use the parts that work for you now, and skip the parts that don’t. You can always come back to them later when you’re ready.

Take a photo, or maybe even some video of your horse. In some cases a series of massages over a period of weeks, even by a beginner, can create visible changes in posture, shine of coat, the look in the eye, and the carriage of the head, among other things, as the animal experiences the benefits of massage. Taking a “Before” Picture is one way to notice and enjoy progress later.

Background

Fill in the following based on what you already know about your horse. I will alternate referring to your horse as he or she for the rest of this journal.

Name _____ Age _____ Breed _____ Sex _____

Job or activities _____

Current medications or diagnoses

Medical history (include known conditions, past or current illness or injury, scars)

Other history (accidents, falls, other stressful events)

Conformation challenges of which you're aware

*Note: Be sure to ask your veterinarian before beginning massage if your horse is on any medications, has any current medical condition being treated or monitored, or has any unusual symptoms not yet diagnosed. In many cases you will still be able to massage your horse, especially with the techniques taught in the **All About Animal Massage** series, but in some cases massage may not be appropriate yet. If your horse is on pain medication and your veterinarian has approved massage, be aware that your horse will not be able to give you the same feedback about tender areas that he might otherwise give, so you will need to be more conservative about how much pressure you use and how much time you spend massaging.*

I have asked my horse's veterinarian about massage, and he or she says

(Record here any information or advice from your veterinarian regarding massage for your horse at this time.)

General Impressions

Describe whatever you notice about the following aspects of your horse.

Eyes *(Soft, bright, worried, tense, squinty, depressed, etc.)*

Coat quality *(This may be different over different parts of the body.)*

Breathing: *Regular or irregular? Deep or shallow? Smooth or shuddery?*

(Hint: A good way to observe breathing is to rest both hands gently on your horse's ribcage or belly, anywhere that's comfortable for you, and breath quietly with her for at least one full minute.)

Posture: *Observe the posture your animal chooses each time he stops after moving around. Do this several times to get a sense of what is typical, rather than a temporary coincidence. How are the feet typically positioned at rest?*

(Forward, back, out to the side, in toward the midline, resting? Be sure to identify which foot is doing what. Use RF, LF, RH, LH as a quick way to indicate right or left and front or hind.)

Position of head, neck and tail: *(Held to one side? Up? Down? Tail clamped or relaxed?) Watch for these positions when she's moving as well as at rest.*

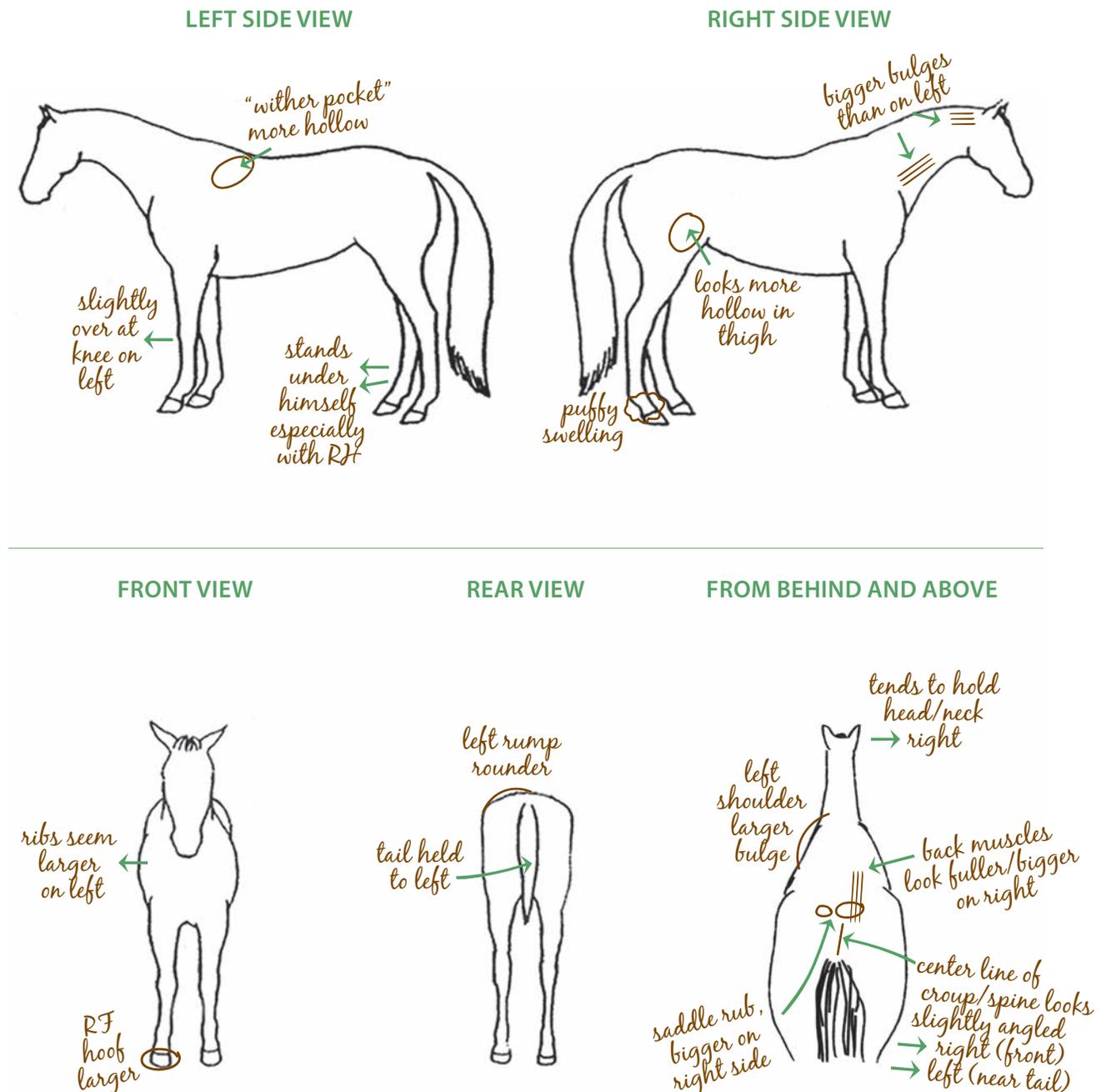
Movement: *Watch your horse move. Ideally, watch him under saddle, moving freely, and on a lunge line, since each situation affects his movement in different ways. Watch with a "soft eye," and see what your general impression is. (Flowing or stiff? Joyful or tense? Rhythmic or uneven? Springy or choppy? Does any area of his body catch your eye?)*

Anything else? *What's your general impression or intuition of comfort, happiness, vitality, etc.?*

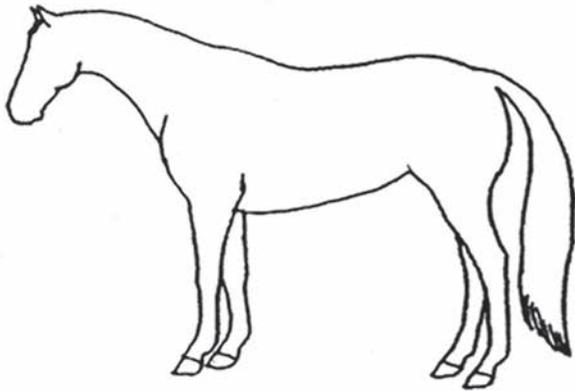
Visual Symmetry

In addition to the observations you've already made, do you see differences between left and right sides when your horse is standing squarely on flat, level ground? Look at the size or roundness of muscles, angles of joints, shape of hooves, height of rump or shoulder, and position of ribcage. You can also indicate whether you see any areas of swelling.

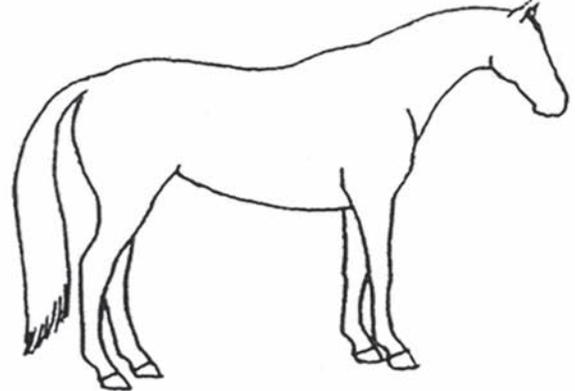
Ideally, take photos or video of your horse from the views matching the outlines below. Or you can use the outlines on page 12 to draw or write descriptions showing the differences you notice. See the sample I've filled out for a hypothetically-challenged horse.



LEFT SIDE VIEW



RIGHT SIDE VIEW



FRONT VIEW



REAR VIEW



FROM BEHIND AND ABOVE



You can also observe symmetry of movement by watching your horse walk or trot directly away from you or toward you, noticing what catches your eye from that view. To compare whether the length of stride for each limb is equal, you can watch from the side as your horse moves past you in a straight line. Some observations are easier to notice at a walk, and others at a trot. Try out both whenever you have the chance, and just keep letting your eye get more practice at it.

Palpation

This means evaluation by feel. Feel your horse's body and compare left and right sides. You can also compare his body to other horses. Imagine that your hands are specialized antennae receiving information from his body. The more you practice palpation, the more you will improve your ability to notice a wide variety of conditions. This can give you information about the health and happiness of the muscles and also other systems of the body. They are all a part of the whole picture.

For this palpation exercise, you will gather seven different types of information. If you can remember **Talk TTTIME**, this acronym will help you remember all seven.

Talk refers to your horse, who will always talk to you as you palpate or feel her body.

TTTIME is what your hands sense: Temperature, Texture, Tone, Intuition, Mobility, and Energy. Each of these qualities, and how to assess them, are described below. Use the charts provided to record the observations made as you palpate your horse's body. See page 18 for an example and suggested symbols.

You will notice much more of what your horse says when she talks to you if you keep your eyes on her face and whole body as much as possible, while still keeping yourself comfortable and safe.

Talk

What does your horse say about each area of his body as you run your hands carefully over every part? If you're not sure about a response, run your hand over the area again, and see if you trigger the same response in the same place. Make note of any feedback, including the following possibilities.

Positive responses tell you it's an area that is appreciating and ready for massage. Positives include softening eyes, relaxing posture, yawning, a deep sigh, or leaning into your pressure.

Negative responses tell you the body part could be painful, very tight, ticklish, or being guarded due to memory or anticipation of fear or pain. These areas all need some help, but may or may not be ready for direct massage right away. These "No" or "I'm not so sure about that" responses include moving away, biting, restlessness, holding the breath, pushing you away, flinching or twitching, tense posture, clamped or swishing tail, hard or worried eyes.

For each area of the body that triggered a reaction, describe the reaction without interpreting it. If you want, you can also add your impressions about what it may have meant. For example, "Turned to look at my hands and held her breath when I touched her right ribcage just behind the shoulder. Seemed as if it might be tender." Or "Lowered head and closed his eyes when I touched the middle of the left side of his neck, as if he wanted more massage there." If you need more room to write these observations, you can use the back of the page or additional pages. If there were any areas to which your animal was reactive in a negative way (tender, painful, ticklish, worried, etc.), then circle the area on the chart (be sure to pay attention to whether it was the right or left side), and write a short note nearby to describe the reaction. On the same charts you will also be adding your TTTIME observations, whether or not your horse had anything to tell you about them.

TTTIME

Let the acronym TTTIME remind you to take your time. A slow, thorough session spent assessing your horse can be therapeutic in itself, since your horse's body will actually be responding the whole time you are touching it with this focused and positive intent.

Temperature: Note any areas that seem either too warm or too cold, and especially note any differences between right and left sides. If you find any areas of heat with swelling (extra fluid, or edema), be sure to address them immediately, starting with a call to your veterinarian who can help you decide whether an appointment is necessary.

Record any temperature differences on the chart right where you feel them, using a small "h" for heat or "c" for cool/cold, or circle the area and write a description next to it.

Texture: As you move your hands over your horse's body, feel for an easy, smooth glide over and through the layers of coat and skin, and the muscles beneath them. The texture at all layers will feel even and smooth where they are evenly well hydrated with body fluids. When there are areas, large or small, that are dehydrated (reduced circulation), or have developed adhesions or other restrictions, your hands will tend to slow down or even stop (assuming they didn't run into a bone, of course).

Healthy muscle and skin tissue will feel hydrated, like a moist sponge or pliable clay; they will feel even, smooth, gliding, springy, "alive."

Stressed muscle and/or skin tissue feels like a relatively dried out sponge or hardening clay: uneven, bumpy, gristly, stringy, thickened, gummy, or sticky (or too soft and squishy, at the other extreme).

Each person, including professionals, will tend to make observations in different ways and use different words to describe them. Be creative in coming up with your own words or ways to describe what you experience. Keep comparing left and right sides. The textures you feel may cover an entire muscle or region, or they may be a small spot within a muscle.

Record any descriptions you like on or next to your chart. Mark an X on any spots where you feel your hands or fingers getting stopped, and where maybe you feel some of the unhealthy textures described above. Professionals will often use other symbols and words to distinguish between the different conditions they feel, such as adhesions, trigger points, tender points, stress points, fascial restrictions, etc. But at this level, you can just use an X to indicate anything that draws your attention in a small, specific area, such as right above the point of hip, as opposed to a general area like the whole rump.

Palpation does not end after the “Before” Observations. You will be palpating and gathering more information anytime you are massaging your horse. In fact some observations, especially for Texture and Tone, will actually happen much more often during the massage than when you are simply getting the first impression, “before” picture.

Tone

Muscles have a range of normal, healthy tone, depending in part on your horse’s level of fitness. Different areas of the body will also naturally feel harder or softer depending on the anatomy, and also depending on your horse’s position, which affects whether a muscle is more engaged or relaxed.

So how do you know whether a muscle is tight?

- A. Ask your horse. What feedback does she give you about it?
- B. Bounce effect. Does it give a little when you push gently into it, and then bounce or spring back into shape when you release? (This is healthy.) Does it push back and resist you? (This is tight.) Or does it give in too easily and not bounce back to its fullness right away? (This indicates flaccidity, or low tone.)
- C. Compare left and right, and animal to animal. As you compare muscle tone on left and right sides, you might need to have your horse change position, or even just slightly shift his weight and recheck the feel.
- D. Different after massage? If you feel it soften, you can be pretty confident that it was tighter to start with.
- E. Experience helps, so keep on massaging!

Record tight muscles with parallel lines /// drawn over the area.

If you find a difference between right and left sides, how do you know which one is “normal” and which one might be “of interest”? This is a great question concerning what you feel, and also what you saw earlier.

Here are three suggestions.

1. What was your first impression? It’s often right.
2. Compare lots of horses, and you’ll develop a sense for this with experience.
3. It may be quite hard to judge, so describe both. For example “left chest muscles larger, right smaller” or “RF hoof warm/LF cool.”

Intuition

Though intuition is not technically palpation, there's no need to leave this one for the end of the list. Anytime you get an impression or message while you're palpating or massaging your horse, make a note of it. It might be a picture, a sense, a word, an emotion, a dream, or anything. It may mean nothing, or it may mean everything. Just listen to your intuition.

Mobility

There are two versions of mobility.

One is feeling how mobile, or movable, the soft tissues are. This will actually overlap with what you already felt with texture and tone, but it's another way of noticing differences between healthy and less healthy tissue. Let your hand sink into some soft tissue, and try to move it around without letting your fingers slide over the hair and skin. You can try this anywhere, even just to check the mobility of the skin. Healthy, well-hydrated tissues that are free of adhesions or excess tension will be more mobile than unhealthy tissue. When you feel an area with less mobility, this is a type of fascial restriction. That is, some parts of the body will naturally have more or less mobility, but if you're comparing the same part on right and left sides, and your horse is positioned evenly so the muscles should be engaged in the same way, then the healthier side is probably more mobile. (Unless of course the less healthy side is actually flaccid, which will be extra mobile, otherwise known as flabby!)

Record: If you find any areas where you feel a fascial restriction or decreased mobility, write **FR** over the areas that feel stuck (when compared to the opposite side). You might need to write yourself a note to describe it in more detail, such as whether you were feeling only the skin being stuck, or whether it was surface muscles or deeper muscles.

ROM: Another important version of mobility is Range of Motion, or ROM. This means checking whether joints are moving as freely as they should be, or if ROM is reduced anywhere (legs, back, or neck). Reduced ROM could mean there's stiffness or tightness, fear or confusion, an injury or pain. It could mean that the horse needs the help of a good bodyworker and/or chiropractor. It could mean any or all of the above. When checking your horse's ROM, you must be listening closely to what he's telling you, and also you must move his joints gently and slowly at first so you can avoid making him resist you, or possibly hurting him.

There are two types of ROM. One is active ROM, which is how well your horse can move using her own muscles. A great example of this is carrot stretches. You can read about carrot stretches at www.AllAboutAnimalMassage.com. (Search "carrot stretches" to find the link, which is in the Resources section.)

The other type is passive ROM, or how well your horse's joints move when you are moving them. Two examples of this are in your book, *The Horse Lover's Guide to Massage*, although the term passive ROM is not mentioned there. The techniques are number 7 Shoulder and Hip Circles and number 9 Wither Rock and Lift.

If you are already familiar with any of these exercises you can do them now, or have a professional do them and record your observations. You can also wait and learn them as you work through the book later and explore the website. Whenever you check out your horse's ROM, remember to pay attention as best you can to the quality of movement, too, not only how far it moves. That is, does the

joint move freely, without signs of pain or resistance? Does it feel well oiled (good joint lubrication) or rougher? What's your impression? And as always, be sure to compare left and right.

There are many more methods of assessing ROM to address every joint in the body. This is the specialty of a good chiropractor. Many bodyworkers become skilled at ROM assessment as well, even if they are not using chiropractic methods of treatment.

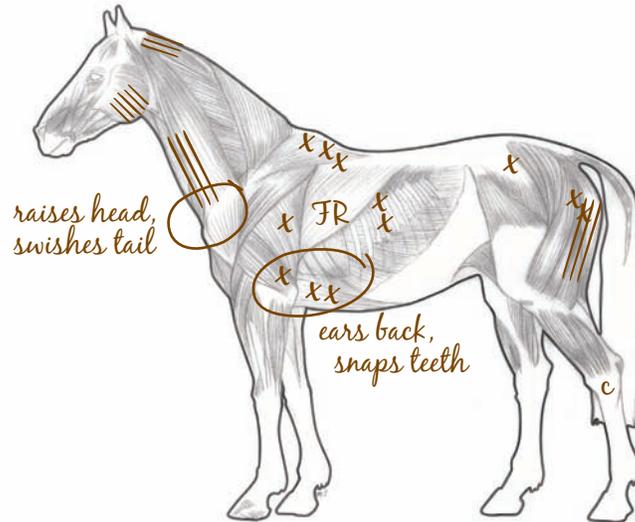
Energy

As you may already know, our bodies really do use many forms of energy every day, including electrical, magnetic, and chemical energies, just to name the most familiar varieties. Sometimes you may feel things that don't quite fit any of the other categories (TTTIM). Words I have found useful to describe the energy sensations are vibration, buzz, zing, magnetic pull or push, emptiness, resistance, yin and yang (these last two being terms from acupuncture and other Eastern modalities). There's also one sensation I call a "black hole" because it feels like your fingers and hands just keep sinking in and in, without noticeably moving. Remember, you can be creative about describing whatever you feel.

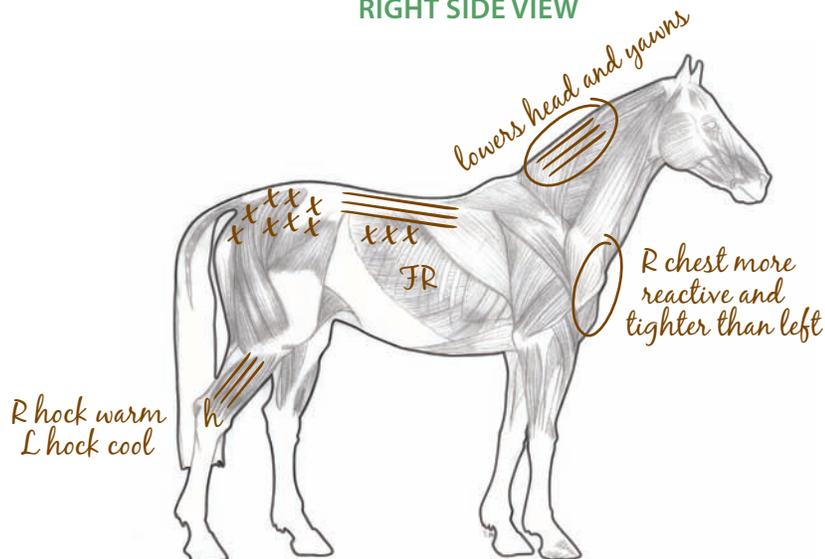
Professional bodyworkers and massage therapists will have developed all of these palpation skills and more through their training and experience. An appointment with one is a valuable tool for assessing your horse more thoroughly, and also for learning about horse massage in general.

Here is a sample chart showing how you can record your “Talk TTTIME” palpation observations. On the next page record your own “Before” observations in the same way, or use whatever style works for you. When you move on to Steps 6 and 7 (recording your massage sessions) you can record what you find throughout time as you massage your horse that day.

LEFT SIDE VIEW



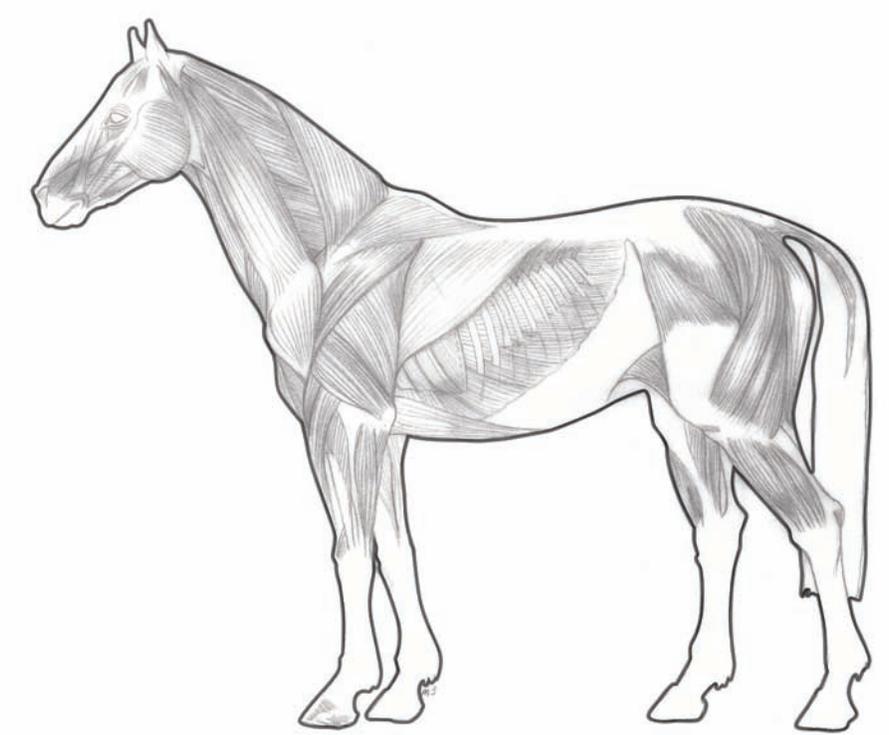
RIGHT SIDE VIEW



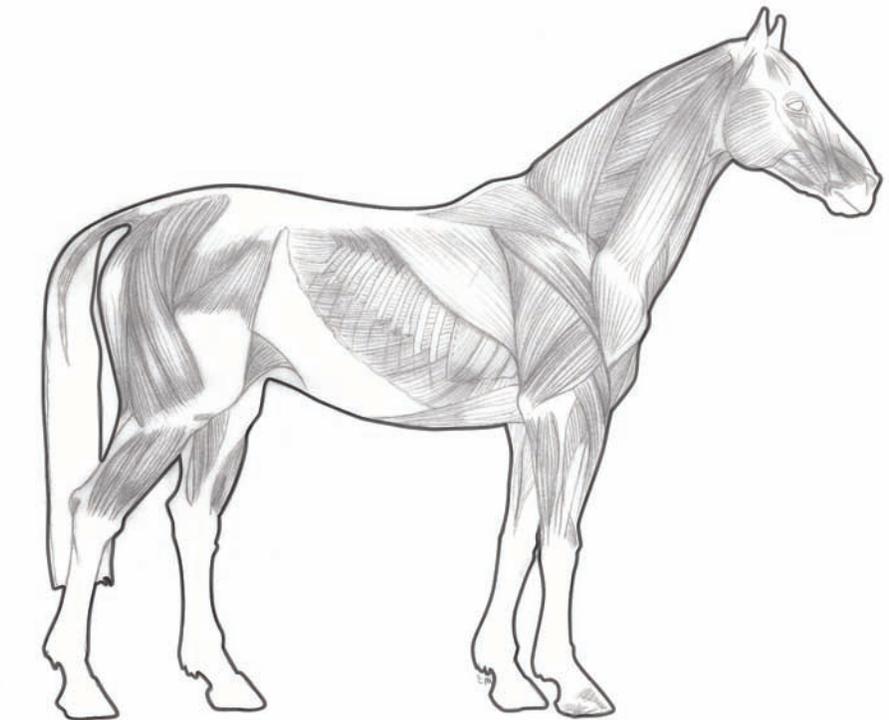
KEY FOR SYMBOLS USED:

///	tension	x	texture change and/or tenderness	h/c	heat/cold	FR	fascial restriction
-----	---------	---	----------------------------------	-----	-----------	----	---------------------

LEFT SIDE VIEW



RIGHT SIDE VIEW



“Before” Summary

Look over the notes and charts of your observations so far. Highlight or underline the ones that impress you as either most significant or that are most curious to you. Now you're ready to complete the following statements to make a summary for yourself.

My horse showed positive responses to my touch and/or I could feel signs of healthy tissue in these areas:

My horse showed negative reactions and/or I could feel signs of unhealthy tissue in these areas:

The negative reactions and observations seemed mild/moderate/strong. (If some of each, which were which?)

When I looked at my horse comparing left and right sides, I could see that

When I look at the charts, it looks like there's more going on in my horse's

- left or right side?
- front or back end?
- right hind, left front diagonal?
- left hind, right front diagonal?

(Underline or circle any that apply.)

On a scale of 1 (should be at the emergency hospital) to 10 (athletic, joyful, completely pain free), my general impression of my horse's comfort, health, and happiness is 1 2 3 4 5 6 7 8 9 10 .

On a scale of 1 (no bonding) to 10 (united heart and soul), I feel the level of connection and bonding I have with my horse is 1 2 3 4 5 6 7 8 9 10 .

On a scale of 1 (I have no clue) to 10 (I can tell where my horse is comfortable and also just where he's tight, tender, worried, etc.), my awareness of how my horse is feeling is a 1 2 3 4 5 6 7 8 9 10 .

I notice that I get information best from:

(You can either rank these in order relative to each other, or rate each one on a scale of 1 to 10.)

- Observing posture
- Watching movement
- My intuition
- Using palpation (which categories?)
- Checking ROM
- Reading my horse's body language and expressions
- Other (describe) _____

I also noticed that (any additional comments)

Step 5: Massaging Your Horse

Begin reading part two, “Massaging Your Horse,” in *The Horse Lover’s Guide to Massage*. For your first session, read only through page 51 (for Technique 1), or through page 53 (for Techniques 1 and 2). You can add one or two more techniques for new learning each time you massage your horse.

Along with the instructions for each technique, read about the Anatomy, and also the Coaching Tips. Choose a Tip to focus on as you try out the technique with your horse. Having someone read the information aloud to you as you practice is also a fun way to learn.

Do you remember from previewing the journal what the charts and questions looked like? Take another look to remind yourself now. You can also review the sample chart filled out for you in Step 3.

Step 6: Record Each Session and Your Observations

Step 7: Repeat Steps 5 and 6

for at least 10 sessions before going on to Step 8.

Use the following 10 charts to record your sessions as you learn all nine techniques (and play with variations) from *The Horse Lover’s Guide to Massage: What Your Horse Wants You to Know*.

Note: At the end of your journal there is an extra chart that you can use to make photocopies for future use, so you can record as many sessions as you like.

As you practice massage with your horse, remember there are many signs of positive and negative responses to help you interpret what’s happening. And remember also, observe the environment to help you judge whether the responses are because of the massage or because of something else going on.

Positive responses of relaxation and release include licking and chewing, lowering head, softening eye, deep sighs, droopy lips or eyelids, passing gas, gurgling stomach, yawning, tail relaxing, coughing, drooling (occasionally!), and satisfied stretching.

Positive signs of “processing,” or building up to a release include internal focus, stretching, or moving to work with what you’re doing, or in general many of the seemingly “negative” reactions

(below) can also be part of a positive “processing” if they are milder, temporary, and followed by a release response.

Negative reactions showing possible pain, excess tension, worry, confusion, etc., include head high, holding breath, moderate to strong agitation, tail swishing, tail clamped, moving away, pushing you away, head shaking, biting, or kicking.

In addition to any observations of greater health, comfort, or energy, you can watch for signs of progress your horse makes such as the following.

- Being more able to focus and tune in to his or her body.
- Learning to communicate more clearly with you about what you’re doing.
- Showing more positive responses and fewer negative reactions over time.

If you arrange to have a professional massage for your horse, you can add the professional’s observations to your records. You may even receive a chart similar to your own.

SESSION 1

Date _____ Start time _____ End time _____ Length of session _____

Today's Update (activities, events, changes in mood, body, etc., since the last massage)

For today's "Before" Picture, at the beginning of the massage, I checked my horse's body first with Full Body Stroking, and I noticed

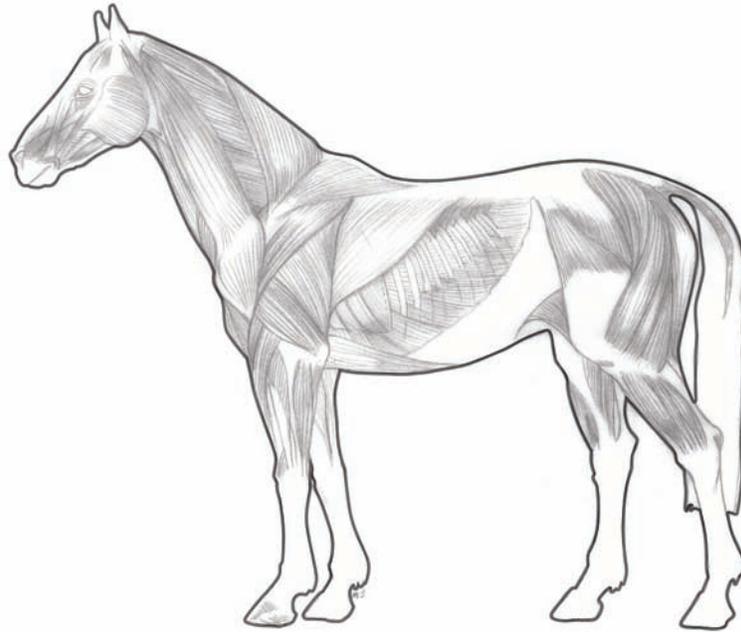
Today I'm reviewing (list techniques)

And I'm trying out technique(s)

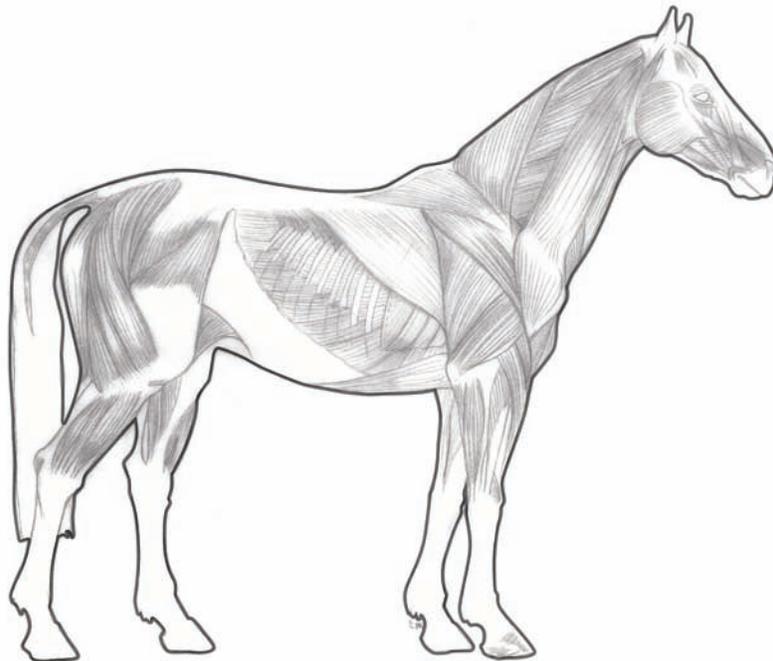
The Coaching Tip(s) I'm focusing on is/are

I spent time/extra time today on these areas of my horse's body

LEFT SIDE VIEW



RIGHT SIDE VIEW



KEY FOR SYMBOLS USED:

<i>///</i>	tension	<i>✕</i>	texture change and/or tenderness	<i>h/c</i>	heat/cold	<i>FR</i>	fascial restriction
------------	---------	----------	----------------------------------	------------	-----------	-----------	---------------------

(After the massage) Today my horse seemed to especially like it when

I could tell by (describe responses)

But didn't like it so much when

I could tell by (describe responses)

I can tell I helped my horse today because I know that (Think about what you've learned about your horse's body from The Horse Lover's Guide.)

I can also tell I helped my horse today because I noticed that

SESSION 2

Date _____ Start time _____ End time _____ Length of session _____

Today's Update (activities, events, changes in mood, body, etc., since the last massage)

For today's "Before" Picture, at the beginning of the massage, I checked my horse's body first with Full Body Stroking, and I noticed

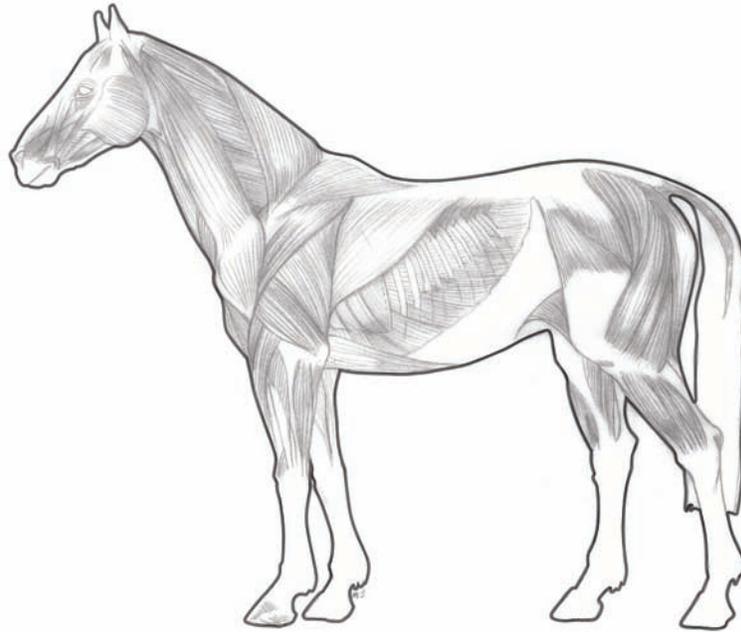
Today I'm reviewing (list techniques)

And I'm trying out technique(s)

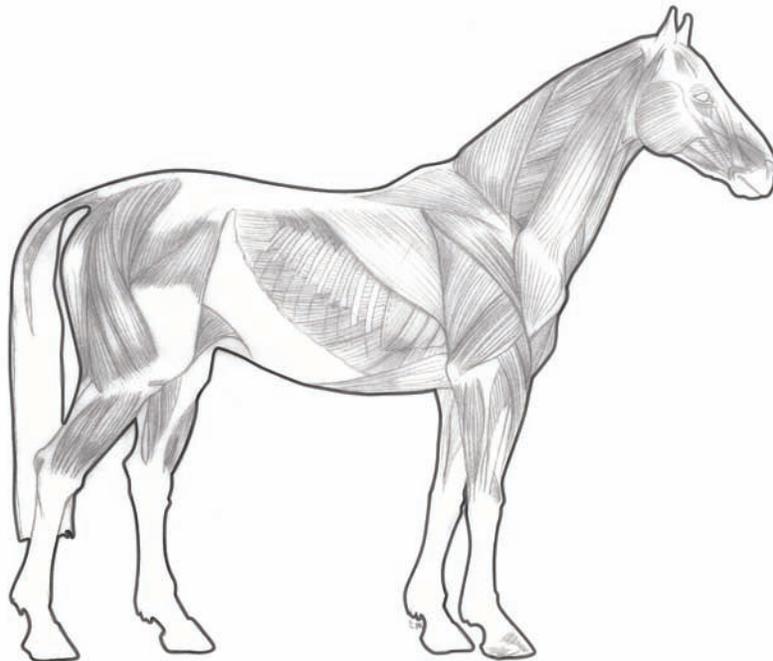
The Coaching Tip(s) I'm focusing on is/are

I spent time/extra time today on these areas of my horse's body

LEFT SIDE VIEW



RIGHT SIDE VIEW



KEY FOR SYMBOLS USED:

<i>///</i>	tension	<i>✕</i>	texture change and/or tenderness	<i>h/c</i>	heat/cold	<i>FR</i>	fascial restriction
------------	---------	----------	----------------------------------	------------	-----------	-----------	---------------------

(After the massage) Today my horse seemed to especially like it when

I could tell by (describe responses)

But didn't like it so much when

I could tell by (describe responses)

I can tell I helped my horse today because I know that (Think about what you've learned about your horse's body from The Horse Lover's Guide.)

I can also tell I helped my horse today because I noticed that

SESSION 3

Date _____ Start time _____ End time _____ Length of session _____

Today's Update (activities, events, changes in mood, body, etc., since the last massage)

For today's "Before" Picture, at the beginning of the massage, I checked my horse's body first with Full Body Stroking, and I noticed

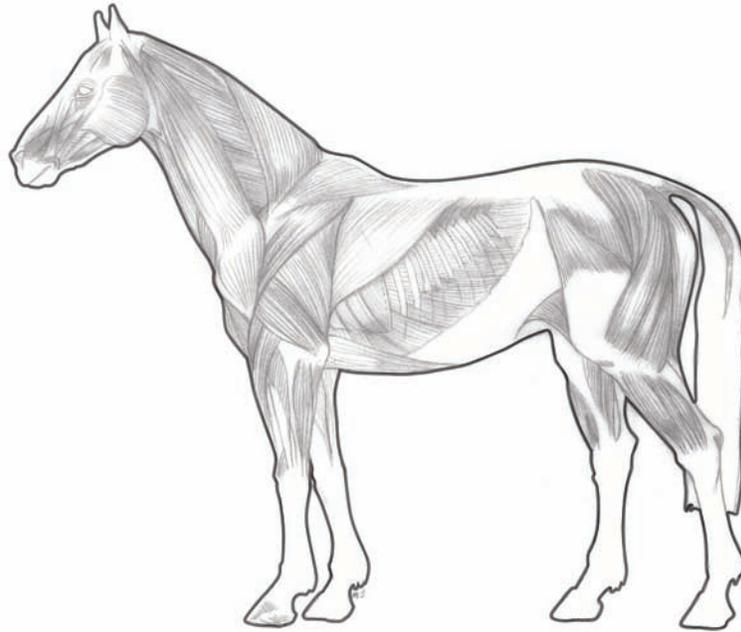
Today I'm reviewing (list techniques)

And I'm trying out technique(s)

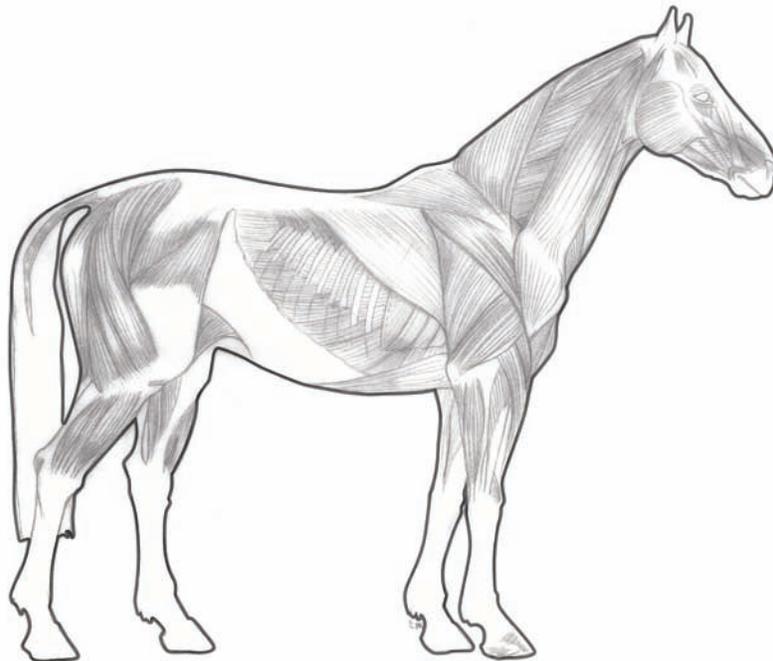
The Coaching Tip(s) I'm focusing on is/are

I spent time/extra time today on these areas of my horse's body

LEFT SIDE VIEW



RIGHT SIDE VIEW



KEY FOR SYMBOLS USED:

<i>///</i>	tension	<i>✕</i>	texture change and/or tenderness	<i>h/c</i>	heat/cold	<i>FR</i>	fascial restriction
------------	---------	----------	----------------------------------	------------	-----------	-----------	---------------------

(After the massage) Today my horse seemed to especially like it when

I could tell by (describe responses)

But didn't like it so much when

I could tell by (describe responses)

I can tell I helped my horse today because I know that (Think about what you've learned about your horse's body from The Horse Lover's Guide.)

I can also tell I helped my horse today because I noticed that

SESSION 4

Date _____ Start time _____ End time _____ Length of session _____

Today's Update (activities, events, changes in mood, body, etc., since the last massage)

For today's "Before" Picture, at the beginning of the massage, I checked my horse's body first with Full Body Stroking, and I noticed

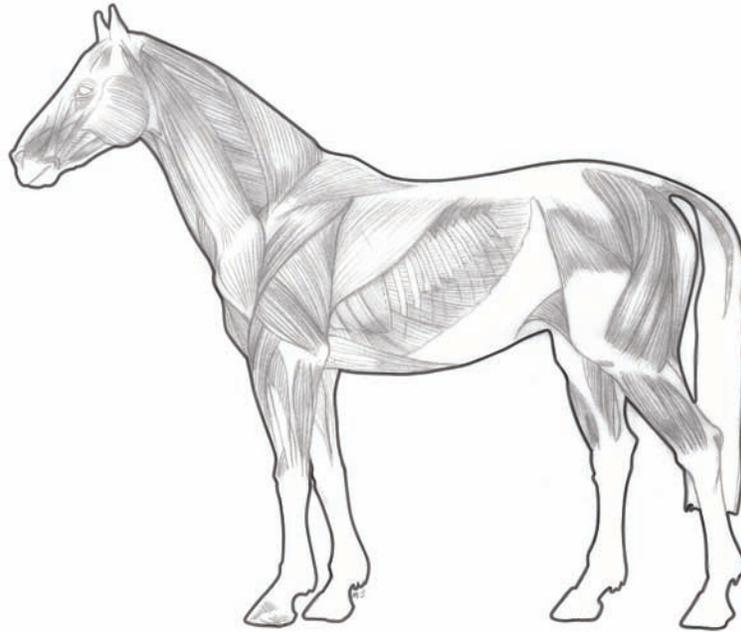
Today I'm reviewing (list techniques)

And I'm trying out technique(s)

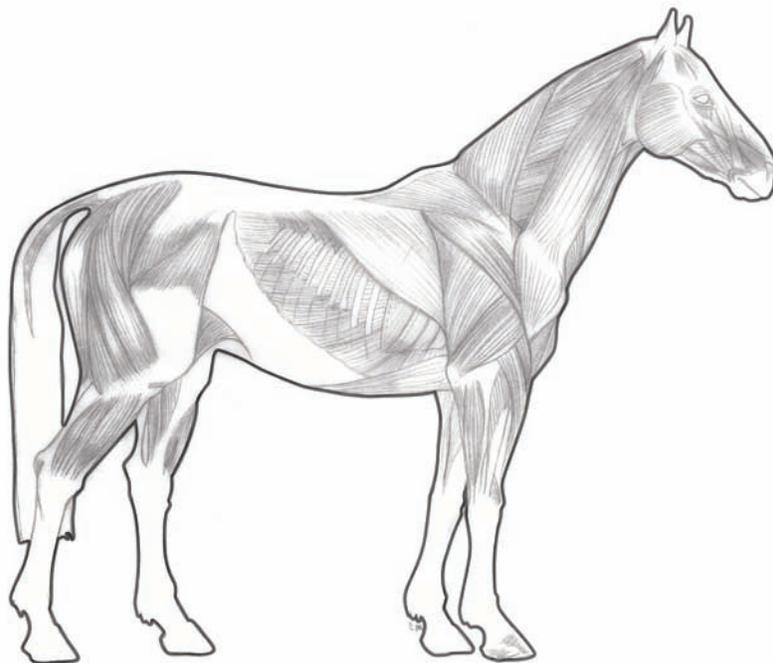
The Coaching Tip(s) I'm focusing on is/are

I spent time/extra time today on these areas of my horse's body

LEFT SIDE VIEW



RIGHT SIDE VIEW



KEY FOR SYMBOLS USED:

<i>///</i>	tension	<i>✕</i>	texture change and/or tenderness	<i>h/c</i>	heat/cold	<i>FR</i>	fascial restriction
------------	---------	----------	----------------------------------	------------	-----------	-----------	---------------------

(After the massage) Today my horse seemed to especially like it when

I could tell by (describe responses)

But didn't like it so much when

I could tell by (describe responses)

I can tell I helped my horse today because I know that (Think about what you've learned about your horse's body from The Horse Lover's Guide.)

I can also tell I helped my horse today because I noticed that

SESSION 5

Date _____ Start time _____ End time _____ Length of session _____

Today's Update (activities, events, changes in mood, body, etc., since the last massage)

For today's "Before" Picture, at the beginning of the massage, I checked my horse's body first with Full Body Stroking, and I noticed

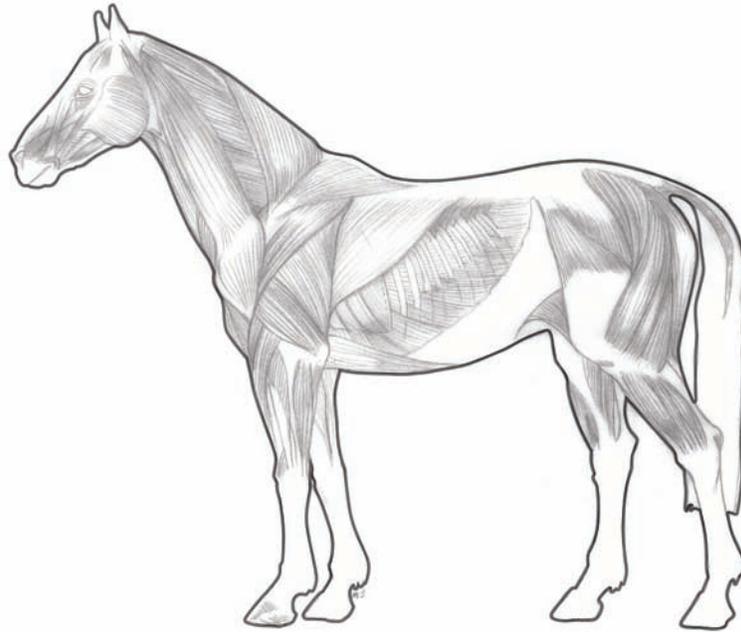
Today I'm reviewing (list techniques)

And I'm trying out technique(s)

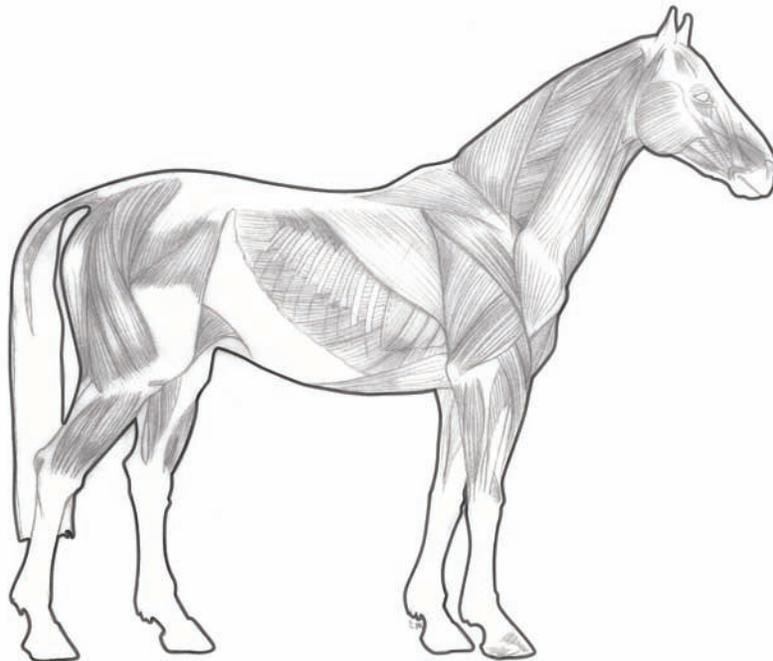
The Coaching Tip(s) I'm focusing on is/are

I spent time/extra time today on these areas of my horse's body

LEFT SIDE VIEW



RIGHT SIDE VIEW



KEY FOR SYMBOLS USED:

<i>///</i>	tension	<i>✕</i>	texture change and/or tenderness	<i>h/c</i>	heat/cold	<i>FR</i>	fascial restriction
------------	---------	----------	----------------------------------	------------	-----------	-----------	---------------------

(After the massage) Today my horse seemed to especially like it when

I could tell by (describe responses)

But didn't like it so much when

I could tell by (describe responses)

I can tell I helped my horse today because I know that (Think about what you've learned about your horse's body from The Horse Lover's Guide.)

I can also tell I helped my horse today because I noticed that

SESSION 6

Date _____ Start time _____ End time _____ Length of session _____

Today's Update (activities, events, changes in mood, body, etc., since the last massage)

For today's "Before" Picture, at the beginning of the massage, I checked my horse's body first with Full Body Stroking, and I noticed

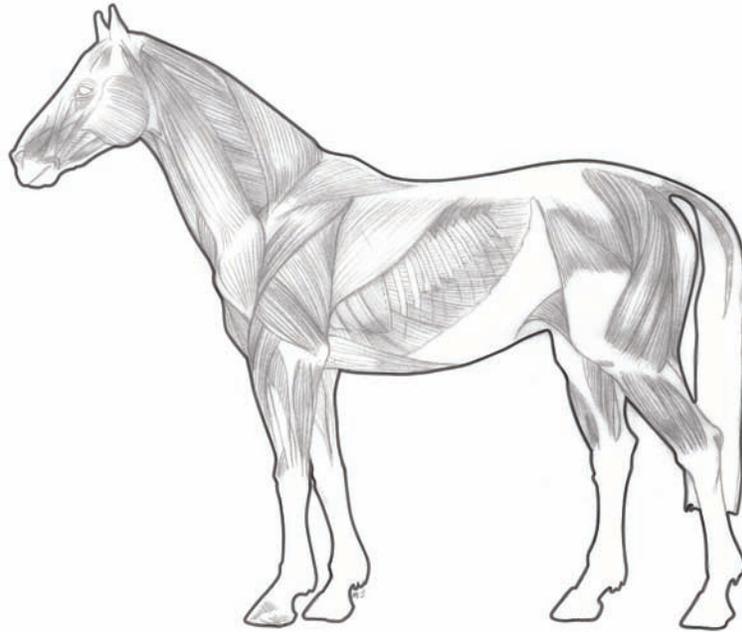
Today I'm reviewing (list techniques)

And I'm trying out technique(s)

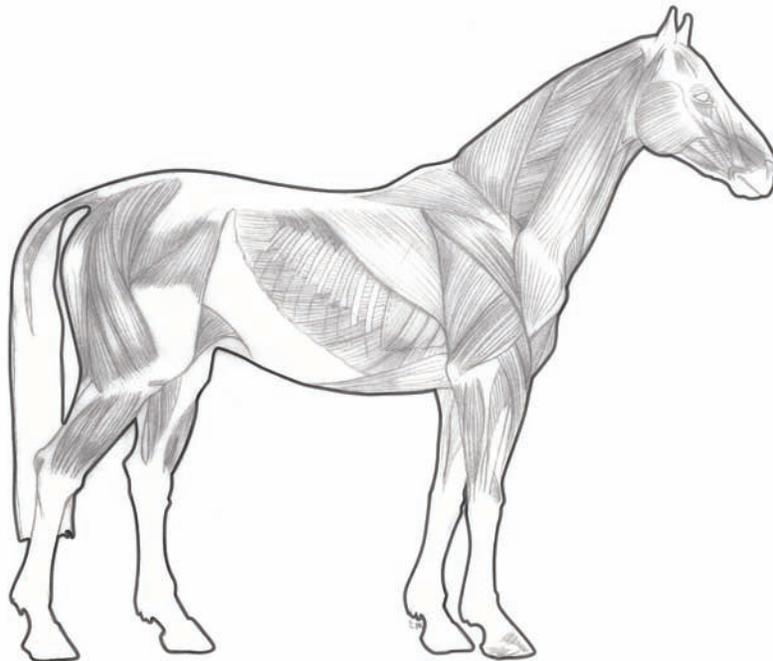
The Coaching Tip(s) I'm focusing on is/are

I spent time/extra time today on these areas of my horse's body

LEFT SIDE VIEW



RIGHT SIDE VIEW



KEY FOR SYMBOLS USED:

<i>///</i>	tension	<i>✕</i>	texture change and/or tenderness	<i>h/c</i>	heat/cold	<i>FR</i>	fascial restriction
------------	---------	----------	----------------------------------	------------	-----------	-----------	---------------------

(After the massage) Today my horse seemed to especially like it when

I could tell by (describe responses)

But didn't like it so much when

I could tell by (describe responses)

I can tell I helped my horse today because I know that (Think about what you've learned about your horse's body from The Horse Lover's Guide.)

I can also tell I helped my horse today because I noticed that

SESSION 7

Date _____ Start time _____ End time _____ Length of session _____

Today's Update (activities, events, changes in mood, body, etc., since the last massage)

For today's "Before" Picture, at the beginning of the massage, I checked my horse's body first with Full Body Stroking, and I noticed

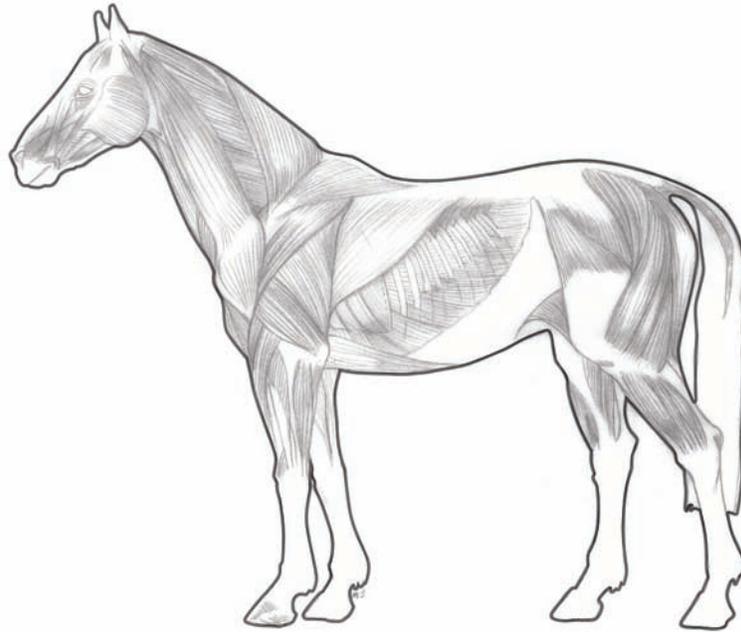
Today I'm reviewing (list techniques)

And I'm trying out technique(s)

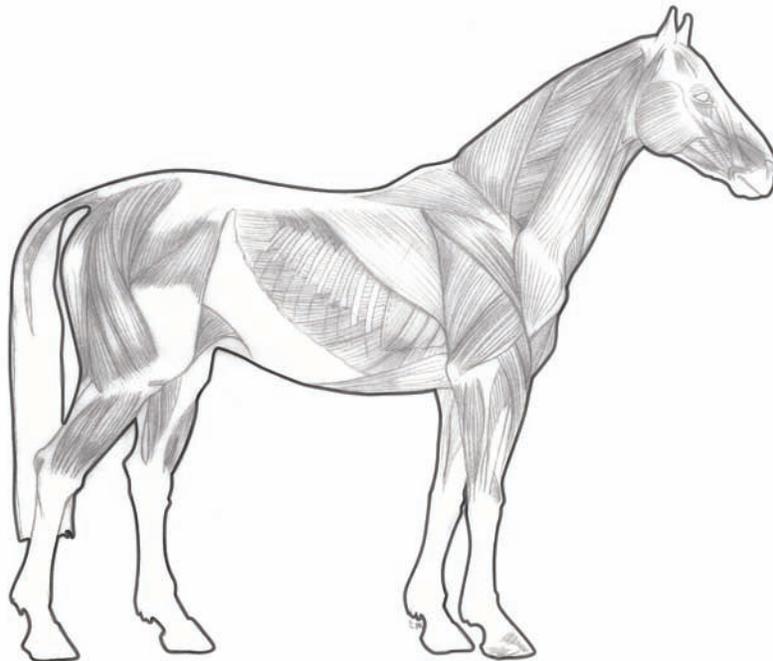
The Coaching Tip(s) I'm focusing on is/are

I spent time/extra time today on these areas of my horse's body

LEFT SIDE VIEW



RIGHT SIDE VIEW



KEY FOR SYMBOLS USED:

<i>///</i>	tension	<i>✕</i>	texture change and/or tenderness	<i>h/c</i>	heat/cold	<i>FR</i>	fascial restriction
------------	---------	----------	----------------------------------	------------	-----------	-----------	---------------------

(After the massage) Today my horse seemed to especially like it when

I could tell by (describe responses)

But didn't like it so much when

I could tell by (describe responses)

I can tell I helped my horse today because I know that (Think about what you've learned about your horse's body from The Horse Lover's Guide.)

I can also tell I helped my horse today because I noticed that

SESSION 8

Date _____ Start time _____ End time _____ Length of session _____

Today's Update (activities, events, changes in mood, body, etc., since the last massage)

For today's "Before" Picture, at the beginning of the massage, I checked my horse's body first with Full Body Stroking, and I noticed

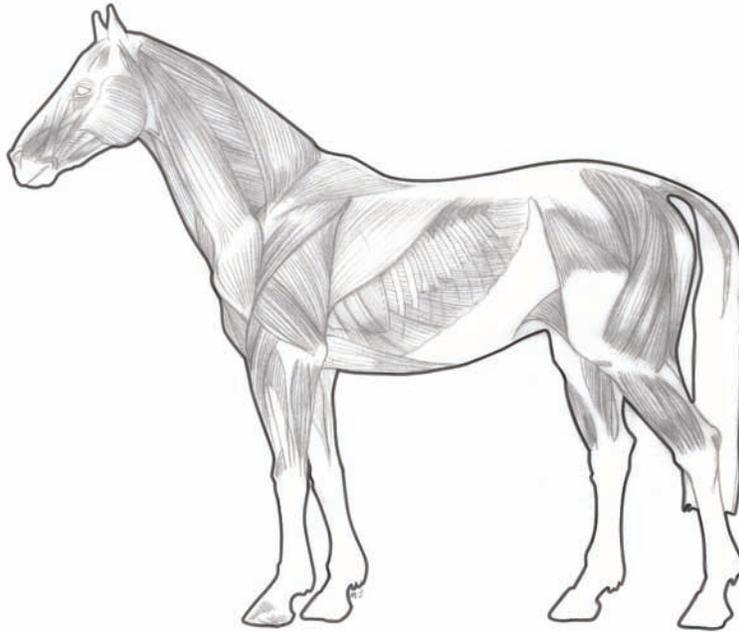
Today I'm reviewing (list techniques)

And I'm trying out technique(s)

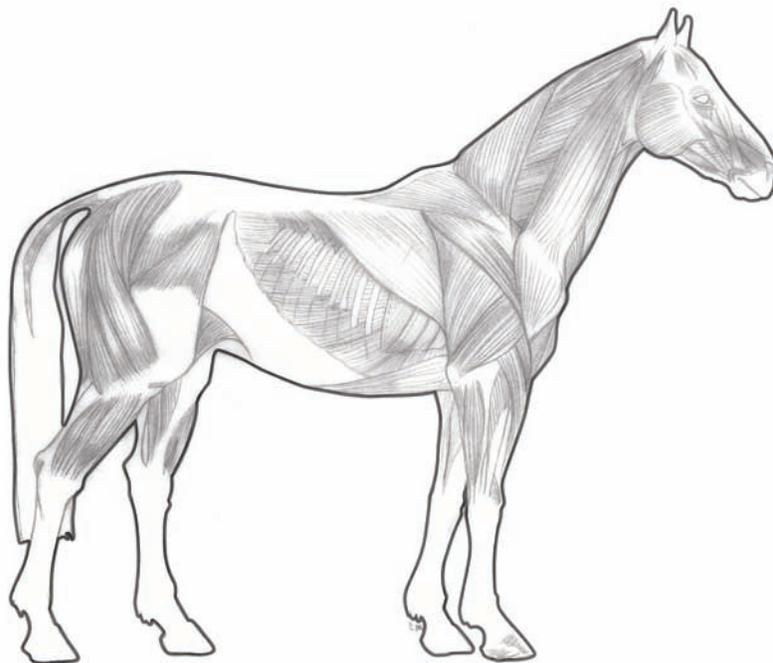
The Coaching Tip(s) I'm focusing on is/are

I spent time/extra time today on these areas of my horse's body

LEFT SIDE VIEW



RIGHT SIDE VIEW



KEY FOR SYMBOLS USED:

<i>///</i>	tension	<i>✕</i>	texture change and/or tenderness	<i>h/c</i>	heat/cold	<i>FR</i>	fascial restriction
------------	---------	----------	----------------------------------	------------	-----------	-----------	---------------------

(After the massage) Today my horse seemed to especially like it when

I could tell by (describe responses)

But didn't like it so much when

I could tell by (describe responses)

I can tell I helped my horse today because I know that (Think about what you've learned about your horse's body from The Horse Lover's Guide.)

I can also tell I helped my horse today because I noticed that

SESSION 9

Date _____ Start time _____ End time _____ Length of session _____

Today's Update (activities, events, changes in mood, body, etc., since the last massage)

For today's "Before" Picture, at the beginning of the massage, I checked my horse's body first with Full Body Stroking, and I noticed

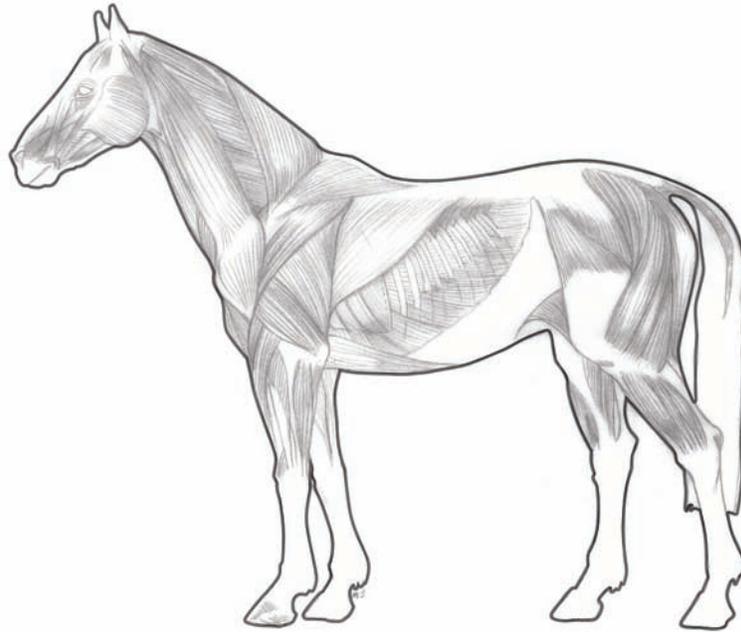
Today I'm reviewing (list techniques)

And I'm trying out technique(s)

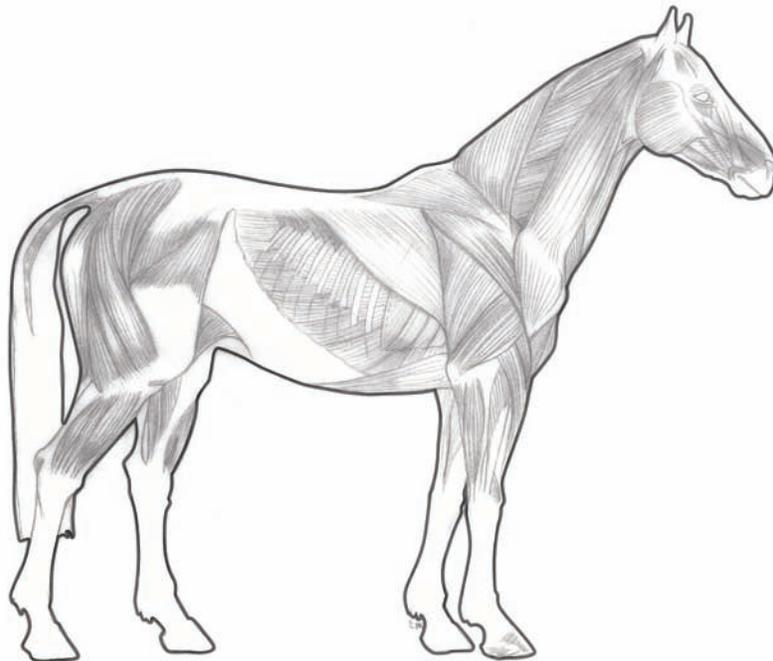
The Coaching Tip(s) I'm focusing on is/are

I spent time/extra time today on these areas of my horse's body

LEFT SIDE VIEW



RIGHT SIDE VIEW



KEY FOR SYMBOLS USED:

<i>///</i>	tension	<i>✕</i>	texture change and/or tenderness	<i>h/c</i>	heat/cold	<i>FR</i>	fascial restriction
------------	---------	----------	----------------------------------	------------	-----------	-----------	---------------------

(After the massage) Today my horse seemed to especially like it when

I could tell by (describe responses)

But didn't like it so much when

I could tell by (describe responses)

I can tell I helped my horse today because I know that (Think about what you've learned about your horse's body from The Horse Lover's Guide.)

I can also tell I helped my horse today because I noticed that

SESSION 10

Date _____ Start time _____ End time _____ Length of session _____

Today's Update (activities, events, changes in mood, body, etc., since the last massage)

For today's "Before" Picture, at the beginning of the massage, I checked my horse's body first with Full Body Stroking, and I noticed

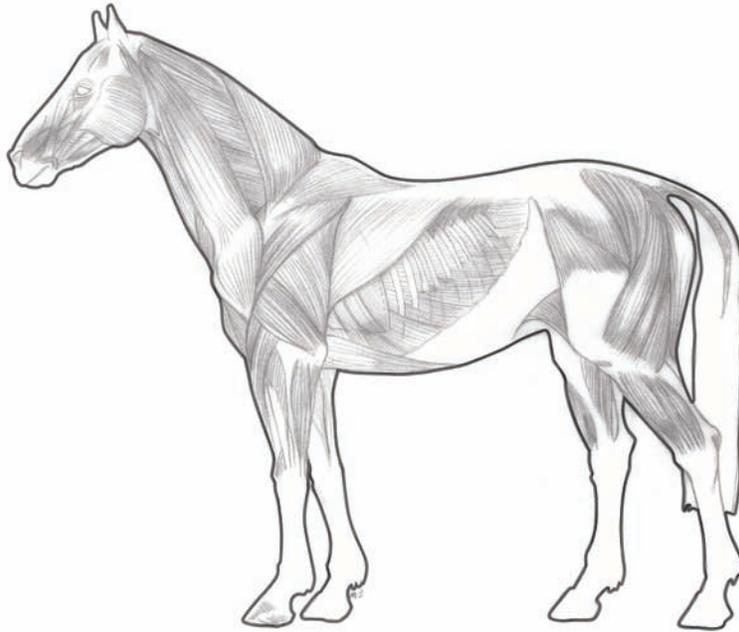
Today I'm reviewing (list techniques)

And I'm trying out technique(s)

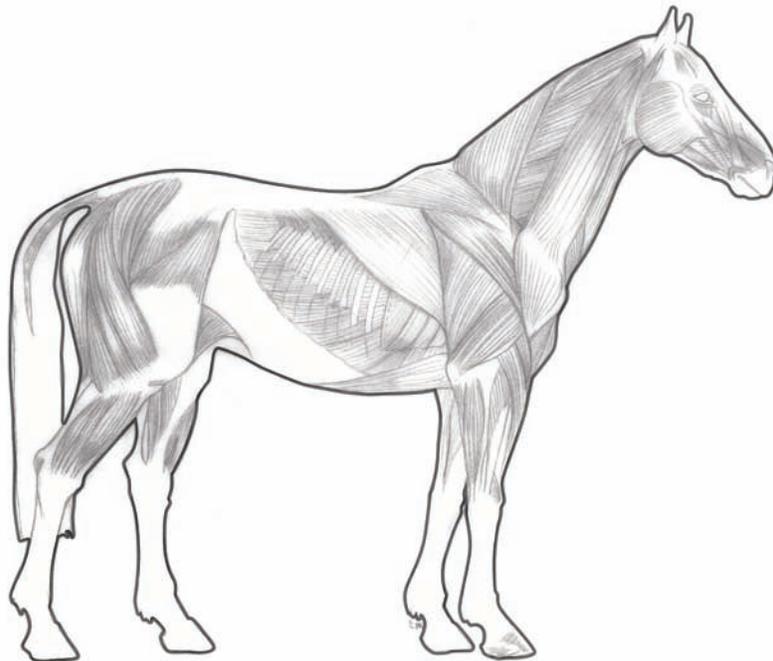
The Coaching Tip(s) I'm focusing on is/are

I spent time/extra time today on these areas of my horse's body

LEFT SIDE VIEW



RIGHT SIDE VIEW



KEY FOR SYMBOLS USED:

<i>///</i>	tension	<i>✕</i>	texture change and/or tenderness	<i>h/c</i>	heat/cold	<i>FR</i>	fascial restriction
------------	---------	----------	----------------------------------	------------	-----------	-----------	---------------------

(After the massage) Today my horse seemed to especially like it when

I could tell by (describe responses)

But didn't like it so much when

I could tell by (describe responses)

I can tell I helped my horse today because I know that (Think about what you've learned about your horse's body from The Horse Lover's Guide.)

I can also tell I helped my horse today because I noticed that

Step 8: The “After” Observations

Record your observations just as you did for the “Before” Picture Observations. You can review the instructions from the before process Step 3 as you answer each question.

Background

Record answers only if there are changes.

Current medications or diagnoses

Medical history

Other history (accidents, falls, other stressful events)

Conformation challenges that you’re newly aware of

General Impressions

Describe whatever you notice now about the following aspects of your horse.

Eyes

Coat quality

Breathing

Posture

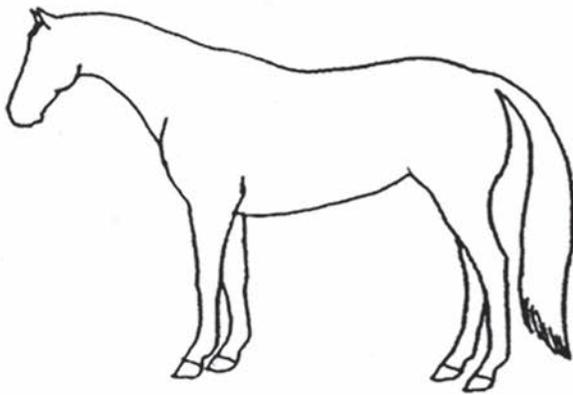
Movement

Anything else?

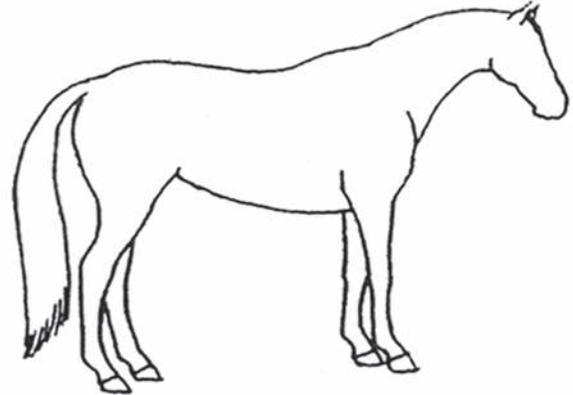
Visual Symmetry

Did you take "before" photos or videos of your horse? Take some more now and compare, if you did. Or take some now, anyway, to compare in another ten sessions!

LEFT SIDE VIEW



RIGHT SIDE VIEW



FRONT VIEW



REAR VIEW



FROM BEHIND AND ABOVE



What do you notice about your horse's symmetry of movement?

Palpation

Use what you recorded and what else you remember from your last massage session to describe the following observations as compared to your "Before" Observations.

Talk

Temperature

Texture

Tone

Intuition

Mobility (observations of soft tissue mobility and/or joint ROM)

Energy

“After” Summary

Look over all your notes and charts from the last ten sessions and any “After” Observations you just added. Highlight or underline the ones that impress you as either most significant or that are most curious to you. Now you’re ready to complete the following statements to make a summary for yourself.

During the last session or two, my horse showed positive responses to my touch and/or I could feel signs of healthy tissue in these areas

How does this observation compare to your “Before” Summary?

During the last session or two, my horse showed negative reactions to my touch and/or I could feel signs of unhealthy tissue in these areas

These negative reactions and observations seemed mild/moderate/strong.

How does this observation compare to your "Before" Summary?

When I look at my horse now comparing left and right sides, I can see that

How does this observation compare to your "Before" Summary?

When I look at the charts that I made, it looks like there's more going on in my horse's

- left or right side?
- front or back end?
- right hind, left front diagonal?
- left hind, right front diagonal?

(Underline or circle any that apply.)

How does this observation compare to your "Before" Summary?

On a scale of 1 (should be at the emergency hospital) to 10 (athletic, joyful, and completely pain free), my general impression of my horse's comfort, health, and happiness is 1 2 3 4 5 6 7 8 9 10 .

On a scale of 1 (no bonding) to 10 (united heart and soul), I feel the level of connection and bonding I have with my horse is 1 2 3 4 5 6 7 8 9 10 .

On a scale of 1 (I have no clue) to 10 (I can tell where my horse is comfortable and also just where he's tight, tender, worried, etc.), my awareness of how my horse is feeling is a 1 2 3 4 5 6 7 8 9 10 .

How do these scores compare to the way you rated them at the time of the "Before" Summary?

I notice that I get information best from (You can either rank these in order relative to each other, or rate each one on a scale of 1-10.)

Observing posture

Watching movement

My intuition

Using palpation (which categories?)

Checking ROM

Reading my horse's body language and expressions

Other (describe) _____

Has anything changed for you in terms of how you are now able to pick up information while massaging your horse?

I also noticed that (any additional comments)

What are three things you're most proud of among the many skills you've been practicing and developing? Consider your ability to make observations, to understand and use massage, and to help your horse.

1. _____

2. _____

3. _____

Congratulations!
Now go celebrate with your horse.

How do you think this guided journal experience has affected you, your horse's body, and your relationship? Please visit www.AllAboutAnimalMassage.com and take our "Guided Journal Survey."

SESSION:

Date _____ Start time _____ End time _____ Length of session _____

Today's Update (activities, events, changes in mood, body, etc., since the last massage)

For today's "Before" Picture, at the beginning of the massage, I checked my horse's body first with Full Body Stroking, and I noticed

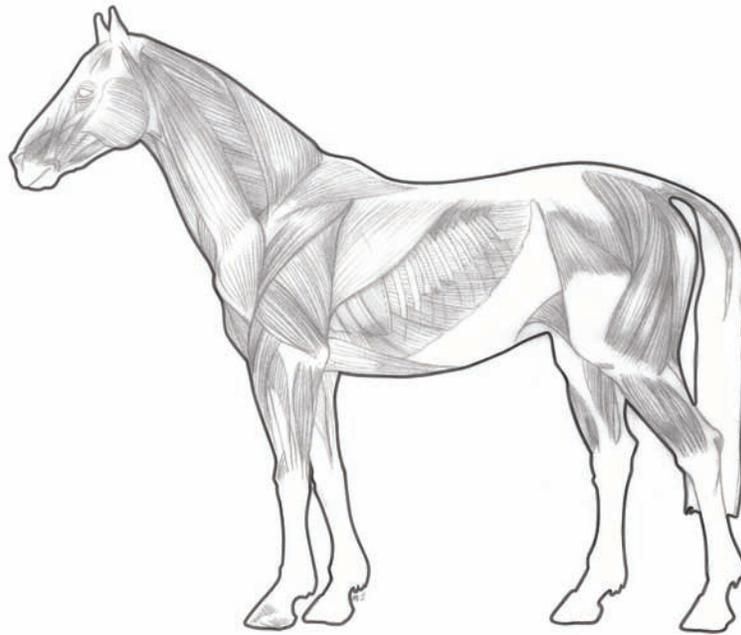
Today I'm reviewing (list techniques)

And I'm trying out technique(s)

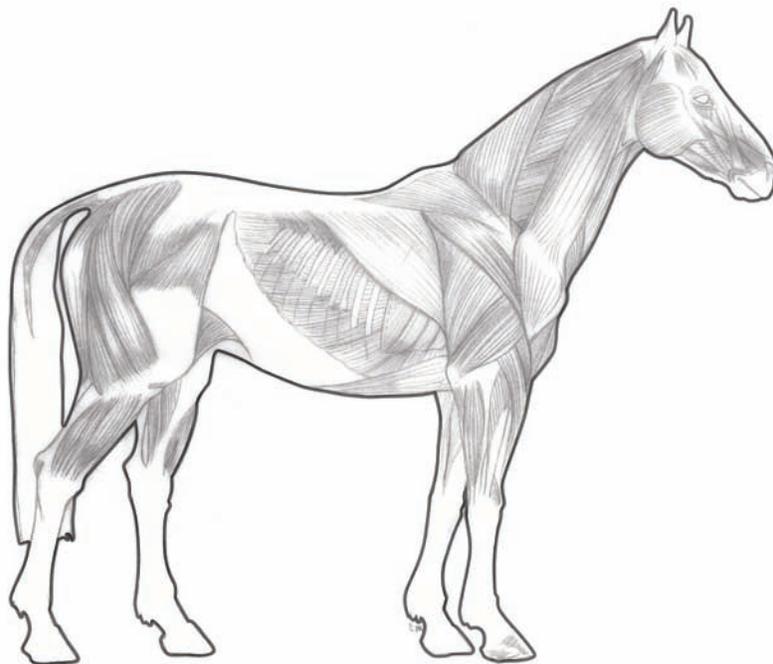
The Coaching Tip(s) I'm focusing on is/are

I spent time/extra time today on these areas of my horse's body

LEFT SIDE VIEW



RIGHT SIDE VIEW



KEY FOR SYMBOLS USED:

<i>///</i>	tension	<i>x</i>	texture change and/or tenderness	<i>h/c</i>	heat/cold	<i>FR</i>	fascial restriction
------------	---------	----------	----------------------------------	------------	-----------	-----------	---------------------

(After the massage) Today my horse seemed to especially like it when

I could tell by (describe responses)

But didn't like it so much when

I could tell by (describe responses)

I can tell I helped my horse today because I know that (Think about what you've learned about your horse's body from The Horse Lover's Guide.)

I can also tell I helped my horse today because I noticed that
