

# "Equine Back Pain" Class Syllabus

Each week you get a video lesson teaching bodywork techniques, an anatomy lesson, and an audio interview with an equine professional, all to support a healthy back!

Week 1  
Shiatsu for the Bladder Meridian  
Thoracic and Lumbar Vertebrae  
Dr. Michael Salewski, DVM: chiro/acupuncture

Week 2  
Back stretches & assessing range of motion  
Vertebral Joints and Transitions  
Lola Michelin: NW School of Animal Massage

Week 3  
Techniques for sacrum (croup area) and tail  
Sacrum, Tail, and Sacrotuberous Ligament  
Dr. Kari DeLeeuw, DVM: chiro/acupuncture

Week 4  
Neck stretches (+ some warm up massage)  
Cervical Vertebrae  
Dr. Gerd Heuschmann, DVM: author of  
*Tug of War: Classical Versus "Modern" Dressage*

Week 5  
Acupressure: points useful for back issues  
Bladder and Gall Bladder Meridians  
Kim Bauer: Tallgrass Animal Acupressure Inst.

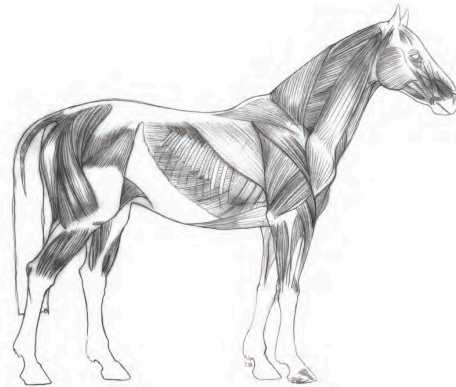
Week 6  
Techniques for Ribs and Diaphragm  
Ribs and Diaphragm  
Dawn Anderson: Qualified Saddle Fitter, SMS

Week 7  
Trigger points and stress points in the gluteals  
Muscle Physiology  
Dr Mark Revenaugh, DVM: on pathologies

Week 8  
Techniques for the hamstring muscles  
Hamstrings  
Dawn Spiegelberg, LMP: on horse/rider issues

Week 9  
"Freeing the scapula" Part 1  
The Scapula, Trapezius and Rhomboid  
Debranne Patillo, MEEBW: Equinology

Week 10  
"Freeing scapula" Part 2  
The "Shoulder Sling" Muscles  
Daphne Jones: Barefoot Trimmer



Week 11  
Massage for the long back muscles  
Longissimus Dorsi  
Cindy Reynolds, Phd, LMP: (incl. gels/lineaments)

Week 12  
Myofascial Release (MFR) techniques  
Connective Tissue (fascia)  
Ruth Mitchell, PT, EEBW, CMT: author of  
*Facilitated Healing Through Myofascial Release*

Week 13  
Connecting shoulder to "low back"  
Latissimus Dorsi Muscle  
Joan Sorita, LMP and certified aromatherapist

Week 14  
Craniosacral therapy, introduction  
The Cranio-Sacral System  
Vicki Draper, LMP and CST specialist

Week 15  
Techniques for the jaw (TMJ)  
Temporomandibular Joint (TMJ)  
Dr. Mary Delorey, DVM: dental specialist

Week 16  
Techniques for the pelvis and SI joints  
Pelvis and SI (Sacroiliac) Joint  
Dr. Heather Mack, DVM: including TMJ to  
pelvis links and right-/left-"handed" patterns

**How does it work?** If you can receive e-mails, you can take this class. **See back panel for details.**

**When is it?** Whenever you want! Lessons are all recorded for your convenience.



Remember, "Equine Back Pain" is great for pain relief skills, but also for helping your horse **avoid** problems and improve athletic performance.

**Why wait?**

### How do "on-line classes" work?

Just log in to your student account and view (or review) your video and other lessons. Lessons are "delivered" one at a time over 16 weeks from whenever you register. Once received, you can watch, listen to, or read the lessons anytime, as often as you like.

**(Minimum 1 year access guaranteed.)**

**Coaching:** Practice what you learn on your horse, and then e-mail me with your questions and observations.

**2011 Price** (going up in 2012)

**\$397** includes all **48 lessons** plus e-mail coaching anytime. 30-day money-back guarantee!

**Learn with a (human) friend!**

Add a second person for just half price!

**See website for more classes.** Live workshops and group discounts also available.



**Find out about the "Rescue" classes, too, and how you can use any on-line class or live workshop as a fund-raiser for your favorite animal charity!**

ALL ABOUT  
*Animal*  
*Massage*

PO Box 56 ~ Kirkland, WA 98083

### Equine Massage & Bodywork

Services, workshops, and on-line education (Classes and books also available for dog massage.)



Megan Ayrault, LMP (Lic. #MA00016982)

[Megan@AllAboutAnimalMassage.com](mailto:Megan@AllAboutAnimalMassage.com)

206-719-5311

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