

Syllabus for Equine Back Pain Class (and information on earning \$\$ by referring others)

Below is the syllabus at this point, which is always subject to a few tweeks as it goes along. I do expect to add some bonus interviews on supplemental topics as well, but those will be just that, bonuses. And there will be a free bonus video lesson on a "wither rock and lift" technique from my book, *The Horse Lover's Guide to Massage: What Your Horse Wants You to Know*.

Remember, this class is also good for helping your horse *avoid* back problems, as well as managing and improving them, so you don't have to wait till your horse is in pain to get great value from the class!

Each of the 16 weeks you'll get a video lesson teaching techniques, an anatomy lesson, and an interview with a professional on their specialty. All lessons will include discussion of how they relate to back pain in horses, and tips on assessing your horse's back health.

Week 1:

Shiatsu techniques for the Bladder Meridian
Anatomy lesson on thoracic and lumbar vertebrae
Interview with vet/chiropractor/acupuncturist Dr. Michael Salewski

Week 2:

Back stretches: Additional variations on applying the wither rock and lift techniques, and "butt tucks" added in, including assessing range and quality of movement
Anatomy lesson with more detail on vertebral joints and transitions
Interview with Lola Michelin, Director of Education for the Northwest School of Massage

Week 3:

Working with fascial restriction and tension around the apex of the sacrum (croup area), and tail work
Anatomy lesson on the sacrum, tail vertebra, and the sacrotuberous ligament
Interview with vet/chiropractor/acupuncturist Dr. Kari DeLeeuw

Week 4:

Neck stretches (and some warm up massage to prepare)
Anatomy lesson on cervical vertebrae
Interview with Dr. Gerd Heuschmann, veterinarian, author of *Tug of War: Classical Versus "Modern" Dressage: Why Classical Training Works and How Incorrect Riding Negatively Affects Horses' Health*

Week 5:

Acupressure, specific points useful for back pain issues
Anatomy lesson on Bladder and Gall Bladder Meridians
Interview with Kim Bauer, Lead Instructor for Tallgrass Animal Acupressure Institute

Week 6:

Techniques for the ribs and diaphragm
Anatomy lesson on the ribs and diaphragm
Interview with saddle-fitter Dawn Anderson

Week 7:

Trigger points and stress points in the gluteals (rump)
Anatomy lesson on muscle physiology
Interview with Dr. Mark Revenaugh on pathologies of the back (continued next page)

Syllabus of Equine Back Pain Class, continued

Week 8:

Techniques for the hamstring muscles

Anatomy lesson on the hamstrings

Interview with human/equine bodyworker Dawn Spiegelberg on horse/rider issues

Week 9:

"Freeing the scapula" Part 1

Anatomy lesson on the scapula (shoulder blade), trapezius and rhomboid muscles

Interview with Debranne Patillo of Equinology

Week 10:

"Freeing scapula" Part 2

Anatomy lesson on the "shoulder sling" or "thoracic sling" muscles

Interview with hoof/farriery specialist(s) (TBA)

Week 11:

Massage techniques for the long back muscles

Anatomy lesson on longissimus dorsi

Interview with special guest, including topic of lineaments and gels

Week 12:

Myofascial Release (MFR) techniques

Anatomy lesson on connective tissue (fascia)

Interview with Ruth Mitchell-Golladay, PT, EBW, CMT, teacher with Equinology and author of *Facilitated Healing Through Myofascial Release*

Week 13:

Technique connecting shoulder to "low back" (lumbar/loin area)

Anatomy lesson on latissimus dorsi muscle

Interview with bodyworker, rehab specialist and certified aromatherapist Joan Sorita

Week 14:

Craniosacral therapy, introductory techniques

Anatomy lesson on the cranio-sacral system, including dural tube, cerebrospinal fluid

Interview with bodyworker and CST specialist Vicki Draper

Week 15:

Techniques for the temporomandibular (jaw) joint (TMJ)

Anatomy lesson on the TMJ and it's relation to back issues

Interview with a dental specialist veterinarian (TBA)

Week 16:

MFR (Myofascial Release) techniques for the pelvis and SI joint (sacroiliac)

Anatomy lesson on the pelvis and SI joint

Interview with specialist on conditioning (TBA)

(Affiliate information next page, earning \$\$ by referring others to the class....)

Information for *All About Animal Massage* on-line classes and affiliate program

How do the classes work?

These are "go-at-your-own-pace" classes with video, audio and text lessons. Access is on your own schedule. Lessons are delivered by e-mails and a membership website with password access.

The classes each week are designed to teach bodywork techniques, related anatomy, and additional expert tips that will help you help your animals manage, improve or avoid common problems.

Q&A support is available "live" by e-mail, and also recorded Q&A sessions from past students. There is no expiration date for your access to the lessons, so you can take them once a week, once a month, or however slowly you'd like. You can also go back and review earlier lessons anytime. 30-day money back guarantee on all classes, of course!

Certificates of Completion and Continuing Education Credit: Details still to be determined, but a certificate will be available, possibly with small fee for processing and/or short assignment to verify that lessons were utilized. Certificates will NOT be to certify anyone as a professional. For questions about whether the classes will count for continuing education requirements, please check with your licensing board overseeing such requirements for whether they will accept non-provider, on-line hours. Let me know if there is anything I can do to facilitate acceptance of CE credit.

How does the affiliate program work?

Being an affiliate means earning 15% or more on referrals to new students.

Affiliates register on-line at a link provided to students (and non-profits). Once registered, you'll receive your own affiliate link (url) for each class offered. Anytime you share the link (with a friend, or via a newsletter, e-mail, or on your website) and someone buys a class, your affiliate account is automatically credited with the percentage for the sale. Payments are made by check or by PayPal.

Audience(s) who will benefit from taking the classes (besides the animals):

#1 audience are owners and care-givers

- learn skills and techniques to help their own animals
- gain knowledge that will help to utilize and coordinate professional services

#2 audience are professional bodyworkers

- to add new ideas and perspectives to what you already do so far
- to review and revisit information that may be ready for a refresher
- CE credit to maintain your licensing, depending on the requirements of your licensing board
- **These classes are NOT intended to certify anyone as a professional**

#3 audience are other professionals (veterinarians, trainers, farriers, etc) and animal wellness organizations (shelters, rescue organizations, therapeutic riding centers, Delta Society, etc.)

- to refer clients, staff, and contacts for education that can support your work/mission
- to learn more about how massage and bodywork can contribute to your work/mission