

## **Syllabus for Back Care Basics for Horses (excerpts from the Equine Back Pain class)**

In addition to the lessons below, there is also a free 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*.

Lessons for this class are excerpts from the much longer Equine Back Pain class (16 weeks of lessons). Both classes are 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. This shorter class focuses on the techniques and anatomy most directly dealing with the horse's back. If you try it and decide you want more, you'll have a chance to upgrade (within 30 days) to the longer class without additional cost.

**Each of the 4 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:

Back Stretches: Additional variations on applying the wither rock and lift techniques, (from the free lesson), and "butt tucks" added in, including assessing movements.

Anatomy lesson: Thoracic and Lumbar Vertebrae

Interview with vet/chiropractor/acupuncturist Dr. Kari DeLeeuw, DVM

Week 2:

Techniques for the Ribs and Diaphragm

Anatomy lesson: Ribs and Diaphragm

Interview with qualified saddle-fitter Dawn Anderson

Week 3:

Trigger Points and Stress Points in the Gluteals (Rump)

Anatomy lesson: Muscle Physiology, Trigger Points and Stress Points

Interview with Lola Michelin, Director of Education for the Northwest School of Massage

Week 4:

Massage Techniques for Back Muscles

Anatomy lesson: Longissimus Dorsi (and Some Other Back Muscles)

Interview with Debranne Patillo, Director of Equinology

“See” you in class!

Megan Ayrault