What is Equine Acupressure and what are its benefits?

Acupressure is an ancient healing art originating in China about 5000 years ago. It is based, as is acupuncture, on the principles of Traditional Chinese Medicine (TCM), only that instead of using needles, it is applied with fingers, hands, elbows, etc. with direct pressure or through shiatsu massage (a Japanese more rhythmic variation of this healing art). It is used on humans as well as animals; in this case, the horse.

Acupressure can be used as a preventative measure by maintaining an energetic balance in your horse. A balanced horse is a healthy horse. In TCM, energetic imbalances can lead to disease. Acupressure can also be used to help solve existing problems and accelerate recovery from disease, surgery, or injury. It can also help in what may seem to be performance or behavioural problems, when in reality the horse is manifesting pain. By massaging or working points releasing energy blockage along specific energetic pathways called meridians, your horse can be kept healthy, flexible and happy.

Acupressure can also address emotional problems. Moving to another home, losing a pasture mate, boredom from being in a stall all day, or even stress from previous ill treatment, can cause an energetic imbalance.

ACUPRESSURE through SHIATSU MASSAGE

- Relieves pain and stress
- Accelerates recovery from disease, injury or surgery
- Alleviates sore and stiff muscles
- Eliminates toxins
- Boosts the immune system
- Improves flexibility, range of motion and muscle tone
- Increases blood circulation
- Enhances metabolism,

AND, IS THE HANDS-ON SOLUTION TO MANY BEHAVIOR PROBLEMS

- Soothes and calms in preparation for vet or farrier visits
- Helps relax colicky horses
- Helps build trust and friendship

AND . . . HORSES LOVE IT!

NOTE: Sara completes a session with various stretches to complement the bodywork and add to the flexibility and sense of well-being accomplished in the session.

DOES MY HEALTHY HORSE NEED ACUPRESSURE AND/OR SHIATSU?

- If you put a saddle on your horse whether you compete or not, the answer is probably yes in many cases. It is very hard to have the perfectly fitting saddle for every horse, therefore, as an ill-fitting shoe, there will probably be some pain. Back pain translates into problems in other parts of the body.
- Horses will compensate for an unbalanced rider, causing physical problems for themselves.
- If you know for yourself how beneficial massage is to you after strenuous physical effort or stress or, to help you avoid injury, you’ll understand the same is true for your horse.

Competing equines (as competing humans), are all good candidates for bodywork.