

Equine/Horse Physiotherapy

Conditions treated

- Back, neck or pelvic pain
- Muscle strains or tears.
- Tendon or ligament injuries
- Nerve injury
- Joint problems including arthritis, degenerative joint disease, pain, swelling or stiffness in joints
- Compensatory problems due to underlying lameness
- Poor performance: Hollowing, lack of engagement, Incorrect lead or disunited canter
- Changes in behaviour: Napping, bucking
- Rehabilitation after surgery
- Saddle problems
- Rider related problems

What to expect:

For each appointment Veterinary Permission is gained before seeing the animal as this is a legal requirement as stated by the Veterinary Surgeons Act 1966. The initial session usually takes 1 hour (at least) to assess and treat the animal

During the assessment we shall:

- Take a detailed history of your animal and the problem(s) you have asked us to assess
- Observe the animal stationary to assess for symmetry and conformation
- Do a full gait analysis: This comprises the animal moving in walk, trot and canter on the lunge and in-hand to complete tight circles and rein back
- Palpate the animal for any abnormalities in muscle tone and/or pain response
- Assess joint range of motion by taking the animals limbs into extension and flexion and by moving their neck and back to assess spinal mobility
- Saddle fit if appropriate
- From the assessment we then establish if treatment is required and discuss with the owner a treatment plan which is then carried out with their consent
- Post treatment instructions are left with the owner regarding exercise and a rehabilitation programme set in order to maximise recovery and return to function
- We also advise if we feel another professional E.g. Vet/Saddler should assess the animal at this stage
- A follow- up treatment/review is provided if needed

Treatment

This will usually consist of a combination of "hands on" techniques, electrotherapy, exercises and rehabilitation such as:

- Joint manipulations/mobilisations techniques
- Soft tissue release techniques such as massage, myofascial release, trigger point release, acupuncture
- Reflex/reciprocal inhibition techniques using the animals natural reflexes to stimulate joint movement and soft tissue stretch
- Stretches.: Passive and baited stretches
- Cryotherapy (Cold), Thermotherapy (Hot)
- Electrotherapy- NMES (Neuromuscular electrical stimulation), Ultrasound, Laser, TENS (Transcutaneous Electrical Nerve Stimulation) and electro-magnetic therapy
- Rehabilitation programmes such as proprioceptive pole exercises, core stability training and strengthening exercises
- Advice and education regarding the condition, treatment protocol, exercise environment and rehabilitation programme
- Treatment under sedation (sedation performed by the vet), allowing deep release of soft tissue and therefore joint mobilisation