

## Using EMRT for Rehabilitation Treated by Practitioner Sue Connolly

We have been using EMRT for a number of years on a wide range of breeding, young stock and competition horses. We find it an invaluable tool in the rehabilitation of ex racehorses, the maintenance of performance in competition horses, support to recovery from injuries and the stimulation of growth and correction in foals. Sue Connolly's expertise and experience is highly respected and appreciated by the whole team here at Centenary Farm.

*Jacqueline Walby - Breeder of NH Racehorses and Eventers, Rehabilitation of ex racehorses*



## Using EMRT for balance and performance Treated by Practitioner Karen Eastham

I asked Karen to use Equine Muscle Release therapy on one of the young horses that I had on my yard who had developed a tightness in their shoulder and back which was effecting their performance. I had heard of EMRT via a well respected Horse handler who had told me that the treatment would help to improve suppleness and balance.

I was immediately impressed with how quickly my young horse regained their range of movement and relaxation both during and after treatment.

The effect of the EMRT treatment continued to last and my horse returned to work with a revitalised improvement of the balance and suppleness in his performance both at home and at competitions..



### Top Yellow after regular treatments



EMRT treatments have benefited our horses and ponies, both in acute cases and as a maintenance treatment to keep our horses supple and relaxed in their work, relieving them of any underlying muscular problems that may be detrimental to their well being and performance. Karen's depth of understanding, expertise, sensitivity and intuitive treatment of our horses and ponies ever since has been and remains an invaluable and unique therapy.

*Gill Jollis / Dressage Ponies UK*

## Foal with contracted tendons Treated by Practitioner Nickatie Tucker

I was asked to try to help this colt foal by a regular client of mine who breeds dressage horses. It was about 2 – 3 weeks old and was born with contracted tendons and although it had been administered drugs to aid the muscles to relax these had helped but not solved the problem. This means that you see a shortening of the fore limbs (see photo the front legs appear as if they are buckling) that causes the foal to stand quite strangely. The problem in my opinion partly originates from a shortening in the muscles in the shoulder and thoracic sling region.



I treated this foal initially with the owner present; he was very worried that the problem would be a permanent one for the filly. Whilst I cannot guarantee success I was indeed hopeful that with a few sessions I could help the foal to be normal. This is him after his first treatment.



The first treatment given was to help to balance the whole horse. The subsequent treatment was to help the affected area specifically. Because Equine Muscle Release Therapy is such a gentle and non invasive treatment it is safe to use on the very young or very old with fantastic results. Indeed my own 25 year old horse regularly receives treatment and is still competing at riding club level and hunting!

The foal responded even better to the third treatment – indeed the day after this third treatment he was shown off at a local riding club visit to the stud at Rosgoch. He moved so well with little or no signs of a problem that the visitors had no idea he had been suffering. See what he looks like now!



The work that I have done this season with foals has been truly amazing. I have seen results that even surprise me. I treat all the ridden horses, foals, yearlings and stallions at this stud. It is the most useful tool I believe to help to resolve problems that sometimes seem too difficult as well as to be used as a maintenance tool to keep horses on the right road to happiness.

*Woodlander Stud*

## **Dana – 22 year old Arab mare - Indirect treatment of TMJ**

### **Treated by Practitioner Ruth Lomax**

"During the 4th EMRT treatment of my mare Fee, who seemed completely unaffected by the treatment, I noticed that another horse Dana, a 22-y-o Arab mare in the neighbouring stable ( who was at least 12 feet away from Fee and Ruth), was responding to every move Ruth made. She was stretching and bowing with first one , then the other, then both front legs as Ruth was doing a move over Fee's withers. Then opening and "yawing" her mouth as Ruth was working on Fee's TMJ's. Finally going into a trance.

Dana had a previous history of dental problems caused by years of neglect prior to her coming to me. This had caused her great difficulty eating and culminating in the loss of an upper left molar after which eating improved considerably.



Dana actually appeared very ill for 4-5 days afterwards. She was depressed, lethargic and struggling to eat. Ruth thought she may be clearing toxins out of her system.

After this she never looked back! She is eating more haylage than I have ever known her to, looks very content and is riding out more happily.

I did get Ruth to check her the week after her "indirect" treatment as I was worried about her extreme reaction after it, but Ruth could find nothing at all wrong with her. Interestingly, her distal limbs used to swell up if she was stabled at overnight. Since Ruth's "treatment" they have never done so.

***Diana Hodson B.V.Sc., M.R.C.V.S***

## **Lancer - Chronic tendon and ligament injury**

### **Treated by Practitioner Ruth Lomax**

Ruth was recommended to me two years ago when I took my horse Lancer on loan from the World Horse Welfare. Lancer is a retired police horse and was retired early into my care after suffering a serious injury while on duty. I trained Lancer as a young horse and always hoped that he would be able to spend his retirement with me. Lancer was quite stressed after his injury we were not sure how much damage there was to his leg, though major tendons and ligaments had not been damaged, the wound took time to heal, he was also in some discomfort after years of hard work, particularly his hips and shoulders were suffering from wear and tear, he was underweight and prone to scouring and unpredictable behaviour.



Under Ruth s EMRT treatments and guidance Lancer has improved dramatically he looks and moves like a different horse and is now happy and content in his new life.



### **Toffee – 5 year old Exmoor pony - stifle problems –**

#### **Treated by Practitioner Ruth Lomax**

Toffee is Lancers companion and is a rising five year old Exmoor cross. I knew Toffee had some problems when I purchased her.

Toffee’s stifle slips on both sides. Usually this happens only on one side, my vet advised that it will improve with time and if the condition does not improve she will have to have an operation.

Ruth has treated Toffee a number of times and I am glad to say she is much more comfortable and starting to move normally and we are progressing well with her training.

I have worked with horses all my life, as a riding instructor, trainer and competitor, I only wish that I had had the support of Ruth in the past. I have no hesitation in recommending EMRT, your horse deserves to have the best treatment he can have.

***Amanda Healy BHS AI / Intermediate SM***

**Rupert – 10 year old gelding – unable to maintain canter and going disunited  
Treated by Practitioner Hilary Marchant**

**Rupert before and after his EMRT treatments**



Rupert was showing signs of stiffness on his left side. This appeared to cause him to show falling in on a circle, also showing him to be stiff through his neck and very weak through his hind quarters. He could not maintain canter, kept going disunited, was difficult to get on correct canter lead and could not track up in any pace.



After his first treatment I noticed a change straight away. He started lowering his head and working looser through his back and he's stopped going disunited. His whole shape has changed; his quarters are round and getting stronger. After his last treatment in Nov we now have him able to offer the correct canter lead easily.

He is now working in an outline, tracking up and slight over tracking in walk. I am hoping he will be strong enough to compete this year in dressage to which I owe many thanks to EMRT treatment.

***Julie Young South Yorkshire***

## **Dressage Pony improved stride and muscle development Treated by Practitioner Jacky Clarke**

Jacky has been treating one of my dressage ponies for nearly a year. This took the form of initially 3 treatments closer together and then occasional 'top ups' treatments about once every 3 months. The improvement that I have noticed in that time has been considerable.

Although a very talented pony, he found it difficult to maintain a soft top line in his work and the contact was often uneven. He had particular problems with his medium trot strides and had a strong inclination to run not to lengthen his whole frame and stride.

From the first treatment I noticed a significant difference in him, the contact improved and within a few weeks of the 3rd treatment he started to develop a real crest. Before his neck had always appeared a little flat, the medium trot also started to improve.

I would recommend EMRT to anyone wanting a gentle and non invasive treatment for their horse.

***Anna Brown Shropshire***

[www.annabrowndressageponies.co.uk](http://www.annabrowndressageponies.co.uk)





### **Squealy – A pony with balance problems Treated by Practitioner Sally Coton**

" I just had to train as an EMRT/ Bowen therapist after I saw the results of the treatments given to my own horses. In particular, my lovely T.B mare Squealy who suffered asymmetries in her gait, something the vet couldn't even see, but which made riding her and schooling especially, a very challenging business!

Watching as my horses went into deep relaxation, while the EMRT therapist seemingly did very little to them, was almost as mind-blowing as the results of the sessions.

After four treatments my mare was going straight and schooling quietly- no more trying to running away with me!

An added bonus to me was that the sarcoids that Squealy had suffered from all her life disappeared within a few months of that course of treatments.

Since taking the training myself as an EMRT practitioner I never cease to be amazed at the results I see in the horses and ponies that I and the other practitioners treat"

***Julie Dexter - Owner and EMRT Practitioner***

### **Pain relief for Charlie Treated by Practitioner Julie Dexter**

"Julie Dexter came out to Charlie our Welsh Section. B pony who was extremely lame from falling down a hole at a show. He was in a lot of pain, very grumpy and just not himself.

Julie did 2 treatments of EMRT a week apart on him and he is totally sound now and back to his old self. Thanks to Julie and EMRT my 10 year old daughter is happy again."

#### ***Progress update from Gail***

" Charlie is now back to full fitness. It has taken a while but we will be back out showing him again this year. We wanted him to be 100% before we took him to shows again.

The vet said, when she came out to do his yearly injections that he looked like a different pony, and she would not have believed it if she had not seen it with her own eyes!

Thank you once again for getting him back to fitness."

***Gail Fitzsimmons – Crynmerlyn Stud***