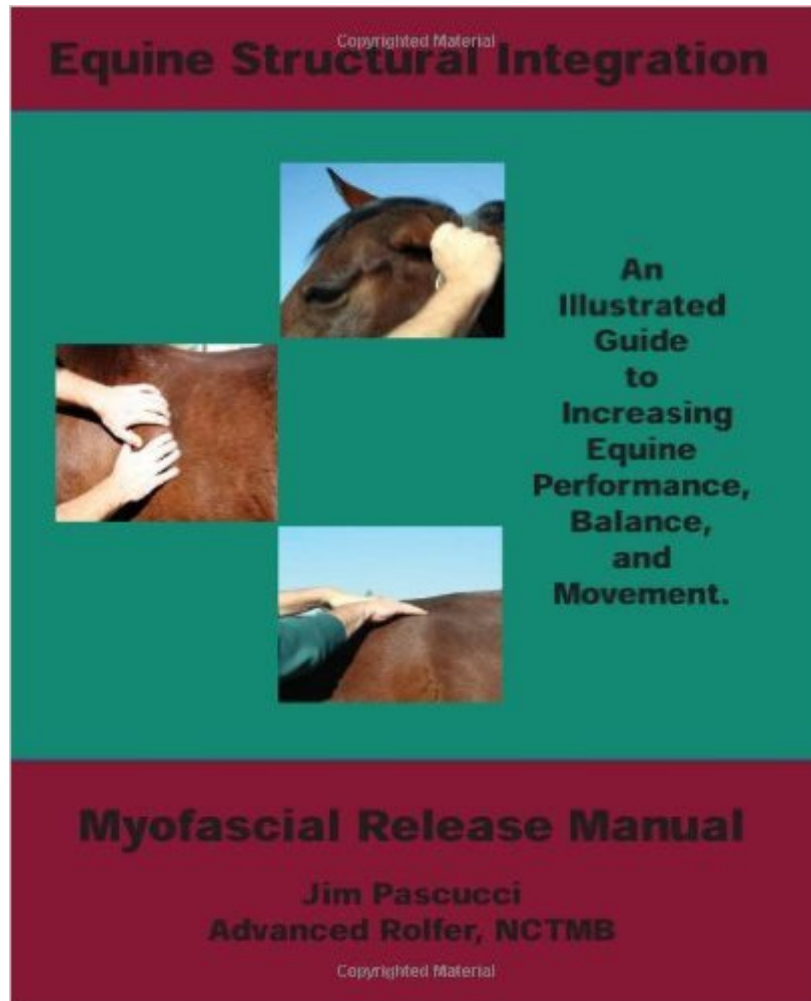


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Equine Structural Integration: Myofascial Release Manual



Synopsis

Equine Structural Integration: Myofascial Release Manual This book is a valuable guide to Equine Myofascial Release (MFR) for the horse owner or therapist as well as an essential reference for the professional practitioner. This book provides the essential overview and introduction to the techniques required to understand Equine Structural Integration. Equine Structural Integration: Myofascial Release Manual presents a logical series of techniques for bringing more structural order to the horses in your care. Equine Structural Integration: Myofascial Release Manual is rich in illustrations of Equine Myofascial Release Techniques for the: Head, Forelimb, Shoulders, Rear, working with scars, joints and myofascial stretching. The book is laid out in a very user friendly manner. The Equine Myofascial Release technique illustrations/photos and their description are kept together so you can easily follow the text while working with your horse. If you are working with a client's horse you can use the book as an added educational tool to help your clients better understand your work. This book is a needed educational tool for practitioners who provide Myofascial Therapy to horses. Equine Structural Integration: Myofascial Release Manual, takes you on a journey through the fascia from the cell to skin, from physiology to movement evaluation and Myofascial Release Techniques for the entire horse.

Book Information

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Customer Reviews

Early in the book, the author mentions that one of his biggest challenges is that "it has been challenging to write a book that is useful to professional body therapists who are already working in the field as well as for lay people who want to be able to perform some body therapy with the horses

in their care. Over the last 10 years, I have students in my classes who are advanced practitioners of some body therapy but not at all familiar with horses. I have also had students who know very little about body therapy but were very knowledgeable about horses."He's exactly right. In my experience, understanding horses and getting a feel for body therapy can't be taught from a book. The first half of this book attempts to impart a basic understanding of both horses and fascia, which I think isn't possible to do in print. That part of the book was a good effort, but I think people need to get some mileage and training in both areas before jumping into the book. THAT SAID, if you already have experience with horses and have already done some work with fascia, the second half of the book is VERY valuable. A lot of the time, the techniques that work easily on a human body don't transfer too well to the horse simply because of variations in the horse's structure and the different body mechanics involved. So, in my learning experience, I've often gotten to a specific muscle on a horse and puzzled over the best way to get the tissue moving again. The second half of this book gave me several new tools that work very well. I've incorporated many of the techniques into my existing bodywork toolbox, and I'm very happy with the results. While some of the techniques seem obvious after-the-fact, my creative powers sure weren't enough to come up with them on their own.

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