

My goal is to unlock your horse's potential by assisting you and your horse to work in harmony, on the road to success and free from injury and illness.

Some horses are more naturally gifted than others, but the common denominator between them all, is that the musculoskeletal system equates to over 60% of their body weight. This system is responsible for movement and yet it is the muscles that are often overlooked when it comes to preventative maintenance and injury rehabilitation. "A million dollar horse is not a million dollar horse if it is not moving like one." (Jack Meagher) Unlike us, horses can't verbalise their pain so they rely upon us to notice it. They often indicate muscle pain to us in the following ways:

- Refusing or resisting leads
- Repetitive head tossing or shaking
- Shortened or Choppy stride
- Hind leg scuffing
- Stumbling
- Hip and shoulder lameness
- Cold, sore or hollowed back
- Bucking
- Loss of performance ability
- Resistance to training
- Irritable or bad disposition
- Hanging over jumps or on corners in racing
- Girthiness
- Loss of impulsion
- Loss of suppleness
- Reduced range of motion
- Bracing against or avoiding the bit
- Uneven muscular development (may cause saddle to slip to one side)
- Coordination difficulties
- Improper tracking forward, back, or laterally
- Resistance of lateral flexion and/or backing
- Hindlimb interference
- Unwilling or unable to walk up or down inclines
- "Off" for no apparent reason

Excessive Muscle Strain/Overuse

When a muscle is no longer able to do what is being demanded of it, it will tear. The challenge of any training programme to find the balance between maximum muscle strengthening and overtraining. Tight muscles can lead to spasm or knots, which in turn leads to small tears in muscle fibres. Most injuries due to muscular strain are cumulative, if you address the symptoms, not the issue the horse will compensate by passing the problem to other muscle groups. By the time you notice a problem with your horse's movement, it's a sign that muscular dysfunction has already occurred. Regular maintenance can release these small issues before they become big ones.

Equine Sports Therapy

Your Horse is an Athlete, treat it like one

Sports Massage can help locate and relieve knots and other muscular issues that may be limiting your horse's range of motion and therefore performance. Minor injuries & adhesions caused by over exertion & or overuse can be broken down quickly & effectively. It can help prepare the equine athlete for peak performance, drain away fatigue, relieve swelling, reduce muscle tension, promote flexibility & prevent injury. Sports massage can include pre-event, post-event & maintenance techniques that promote greater athletic endurance & performance, lessening injuries & reducing recovery time.

Massage shortens recovery time by flushing the issues of lactic acid, uric acid & other metabolic wastes. It increases circulation & stretches the ligaments & tendons keeping them supple & pliable. Massage also stimulates the skin & nervous system while soothing the nerve endings, this reduces stress both physically & emotionally. It can help alleviate the stress & tension which builds up in the body's soft tissues during physical activity.

Incorporating stretching into your training program can further increase the athletic ability of your horse.

Human athletes have been using massage and stretching for years as part of their training regime, why not treat your horse as an athlete.

Acupressure & Energy Healing

Replenish the Natural Harmony

Acupressure & Energy Healing, aim to restore, replenish & maintain the natural harmony. Such a balance is needed in animals & humans to support optimal health & well-being. Acupressure works on the meridian systems in the body which connects & unifies the entire body. In Chinese theory, Chi & other body fluids move along the meridians, transporting nourishment & contributing strength & healing properties. Using non-invasive touch techniques, acupressure has consistently shown its ability to:

- Build the immune system
- Release muscle spasms & emotional tension
- Strengthen muscles, tendons, joints & bones
- Replenish physical & emotional energy
- Release endorphins necessary to relieve pain
- Balance energy to optimise the body's natural ability to heal
- Enhance mental clarity & calm required for focus in training and performance

Laser Therapy

Using a state of the art Low Level Laser machine LLLT is used to increase the speed, quality and tensile strength of tissue repair, resolve inflammation and provide pain relief. It is an attractive form of treatment for equine athletes, due to the prospect of shorter recovery times. The portability of the laser system enables treatment to be carried out in field locations, allowing the effective treatment of equine sports injuries, such as muscle tears, haematomas, capped hocks, splints, sore shins, bowed tendons, wounds, tendon and ligament injuries.

Tissue Salts

Modern horses are subject to numerous environmental stresses, soil acidity leading, loss of minerals, devitalised diets, pollution, malabsorption, hard training schedules, overly processed and devitalised foods and long-term stabling. Tissue Salts work at a basic cellular level and provide the means whereby the actual cells are able to use organic substances (food) and water to operate normal functions within the body as well as repair it.

It is important to note that tissue salts are not drugs, but valuable micro dose cell foods prepared homeopathically. This form ensures rapid and easy assimilation, for the speedy restoration of the natural balance of the body system. Tissue salts are among the gentlest, most supportive, remedies in homeopathy and can aid in preventing and alleviating illness. Because of the homeopathic preparation, they are perfectly safe at any dosage.

Nutritional Products

- Dull, rough hair coat or brittle, crumbly hooves
- Less than optimum body condition and muscle mass
- Nervous, highly strung behaviour
- Poor athletic performance
- Recurring or prolonged viral infections

These may be signs that your horse may not be getting proper nutrition. You can choose from a comprehensive range of products including

- Colloidal Minerals
- Joint Supplements
- Nutritional Supplements
- Dried herbs
- Dick Wicks Magnetic Products
- Saratoga Bandages

We are also proud to offer herbal products and topical gels from The Naturalcare Company.

Visit our website for more information including details on how you can save 5% on



Our Company

Since 2002, Elementals Equine Therapies has been providing natural care for your horse. The horse's health and comfort is our priority and we support the use of ethical, horse centric management practices. We work as part of a health care team with other health care professionals such as veterinarians, herbalists, dentists, farriers and other therapists. Rebecca Booth, Director, has been around horses since she was 3 years old and appreciates the strong relationship that can be formed between horse and human. She has experience in treating horses from diverse backgrounds including racing (harness & galloping), eventing, dressage, showjumping, reining, western, trail riding and pleasure. Her qualifications include:-

- B. A. (Psychology)
- Certificate of Equine Sports Therapy
- Certificate of Equine Massage
- Reiki I & II
- Equine Acupressure
- Tissue Salts

Rebecca has also lectured at Charles Sturt University on the Massage component of Equine Rehabilitation.

Our Vision

We are committed to being the preferred provider of a comprehensive natural health care service specialising in horses. We will do this through

- the provision of a professional service
- the supply and development of innovative products
- offering exceptional customer service
- a commitment to continued education
- forming strategic partnerships with other health care professionals

Our Partners

We are proud to work closely with The Naturalcare Company to promote a complete health care service and range of products.



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