

## Magnetic Therapy

### What is Magnetic Therapy?

Magnetic Therapy is the use of magnets to stimulate healing or prevent muscle soreness. It is not a miracle cure or the answer to everything. It is a low cost, effective treatment which can be used in conjunction with other therapies or on its own.

### How does it work?

When a magnet is applied to the body, the soft tissue lengthens and helps to relax a muscle or ligament that is damaged or traumatised. As the tissue relaxes blood flow that has been blocked from entering the damaged site is allowed in and circulation increases. Normally an injured site is surrounded by inflammation and toxins such as lactic acid. The increase in blood flow helps flush out these toxins and also brings with it an increase in alkalinity which stimulates the healing process. The heat generated by the magnet also triggers the body's own pain relieving system.

### What are the benefits?

The benefits of magnetic therapy can include:-

- \* Prevention of muscle soreness
- \* Alleviation of pain
- \* Increased speed of recovery times
- \* Helps in the removal of toxins from the system

### How to use your magnets?

Magnets should be applied to the site of the pain or the area where increased circulation is required.

### Cautions:-

Always have a complete understanding of what is causing the discomfort through diagnosis from a veterinarian before deciding on the use of magnets as part of your treatment protocol

Magnets are a safe form of treatment but we recommend that you do not use magnets for more than 8 hours at a time and no more often than 3 times per week. More research needs to be done to understand the effects of longer treatments on horses.

Magnets are best used as a preventative or in conjunction with other therapies such as herbal medicine, massage or laser therapy to get best effects.

This information is not a substitute for veterinary advice or treatment and is provided for educational purposes only.

### Bibliography

1. Vegari, Gloria (2002) Magnetic Therapy Caxton Editions, UK
2. Harman, Joyce DVM MRCVS (2004) The Horse's Pain-Free Back and Saddle-Fit Book, Trafalgar, USA