

EMA

Equine Massage Academy Ltd

Therapy Education Research

Are You Giving Your Horse the Best Help Possible?



When something doesn't feel quite right with our horses, most of us do the same thing:

- Book the equine manual therapist or physio
- Call the vet

- Adjust the saddle
- Change the workload

And these are all important.

But what happens **in between** those appointments?

The Missing Piece

The biggest gap in most horses' care isn't a lack of professional help...

👉 It's what *isn't happening daily*.

Because your horse lives with:

- Their body
- Their movement patterns
- Their tension
- Their environment

Every single day.

And small issues don't appear overnight—they build up over time and don't disappear with one session of manual therapy or physiotherapy.

1. What Owners Often Notice (But Don't Always Act On)

- Slight stiffness
- Not standing still
- Fidgeting or tension
- Changes in behaviour
- Subtle performance changes

These are easy to dismiss. But they're often your horse's **early warning system**.

2. What Actually Helps Horses Most

Not more work.

Not ignoring it.

👉 **Consistent, appropriate support**

This is where you come in.

You Don't Have to "Fix" Your Horse

But you *can* learn to:

- Recognise tension early
- Improve comfort by releasing tension
- Support muscle function
- Help your horse relax especially during schooling or competition schedules, during or after illness, when moving to a new yard and anxiety or grief is high when they learn new friends and a place in the herd and leave old ones behind
- Maintain progress between professional visits

And one of the biggest benefits?

👉 **Your bond and trust with your horse improves massively**

Because you're not just riding or managing them—you're *understanding* them and *helping* them.

3. Not All Horses Need the Same Approach

Just like training, the way you support your horse's body matters which is a combination of what is going on with its body and its personality too. Just like people - we all prefer a different type of bodywork.

● **For Horses That Accept Handling Well**

Most horses respond brilliantly to:

“Massage-based techniques”

These are ideal for horses in regular work or:

- General maintenance
- Pre and post competition
- Even retired horses or those on box rest as their body still needs support.

● **For Sensitive, Anxious or Fidgety Horses**

Some horses don't tolerate a lot of handling or bodywork—at least not initially. But you might be able to progress to this later.

These horses often do better with:

“Subtle techniques and methods that encourage a deeper relaxation”

These can:

- Reduce tension
- Improve trust
- Help the horse settle physically and mentally

4. Why This Matters More Than You Think

When horses feel better:

- They move more freely
- They resist less
- They learn more easily
- They stay sounder for longer

And often...

👉 The “problems” start to disappear

5. The Risk of Leaving It All to Professionals

If you only rely on occasional appointments, you may see:

- Issues returning between visits
- Slower progress
- Ongoing low-level discomfort

If you can support your own horse in between professionals then the horse can “hold” the therapy much better.

6. A Smarter, More Supportive Approach

Instead of asking:

👉 “Who can fix my horse?”

Ask:

👉 “How can I support my horse every day?”

7. Want to Learn How to Help Your Horse Yourself?

You’ll find a wide range of courses with us that can genuinely help your horse. You may choose to work through several, or select those best suited to your horse’s individual needs.

Often, a varied approach is most effective — which is why professionals continually upskill across different styles of manual therapy.

A small investment in your knowledge can make a significant difference to your horse’s comfort, performance, and wellbeing, while potentially reducing costs and downtime in the long term.

👉 **Massage-based techniques courses:**

- Equine Massage for Horse Owners (always a starting point course) [LINK](#)
- Equine Percussion Therapy (Massage Gun) [LINK](#)
- Myofascial Decompression Technique (Cupping) [LINK](#)
- Advanced Myofascial Release & Kinetic Chains [LINK](#)

👉 **Subtle methods that encourage a deeper relaxation:**

- Equine Craniosacral Therapy [LINK](#)
- Equine Tension Point Release [LINK](#)
- Equine Rocking Therapy [LINK](#)
- Marine Based Therapy [LINK](#)

👉 **For those who prefer a more alternative approach to therapy:**

- Equine Energy Healing [LINK](#)

👉 **For those horses that have a lymphatic condition or prone to swellings:**

- Equine Manual Lymphatic Drainage [LINK](#)

👉 **For those who might have an injury or joint condition:**

- LED Photobiomodulation Therapy for Animals [LINK](#)

Now you're giving your horse the best help possible!!

Our courses are approved by:

