

Kate Thornton^{EMA(Dist)}

equine sports & remedial massage

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equine therapy session report

HORSE NAME	Knightrider	AGE	12
OWNER NAME	Jane Broom	GENDER	Gelding
CONTACT	07777777777	BREED	Dutch Warmblood
DATE	12/7/23	VET	Vet name
VET CONSENT REQUIRED?	No		

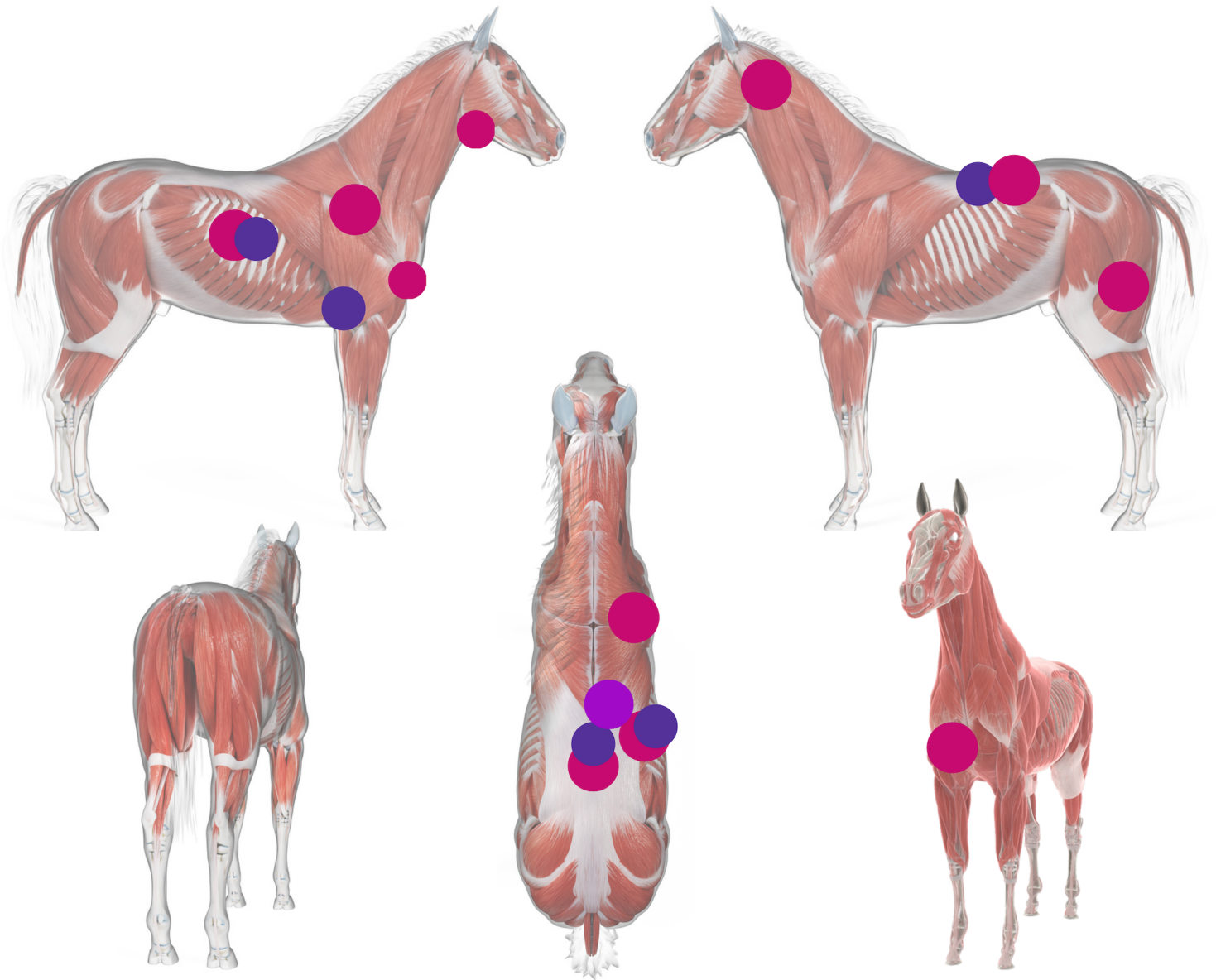
CLIENT OBSERVATIONS	<ul style="list-style-type: none">• Knightrider has been moving better since his last session and feels more balanced under saddle, however...• Sometimes falling in on the right rein• Offered dandelion root supplement which he was very keen on, now added routinely to feed• Dental 2 weeks ago, all good• Saddle fitter booked for end of month• Seems to be enjoying groundwork, now clearing the ground poles without any clipping and better flexion
STANDING OBSERVATIONS	<ul style="list-style-type: none">• Knightrider's demeanour very relaxed, happy to interact, no particular vigilance• Coat looks hydrated and healthy• Offside nostril slightly lower• Straight back from above, relatively well balanced muscularly but looks to be holding tension through offside shoulder• Areas of tension seen through intercostal muscles on the offside• Slight imbalance through hamstrings with nearside looking slightly hypertrophied• Feet symmetrical. Heels slightly low behind, as previously discussed and in progress• Resting nearside hind frequently• Weight looks good• Slight atrophy through thoracic trapezius ('wither pockets')
DYNAMIC OBSERVATIONS	<ul style="list-style-type: none">• No signs of facial tension, keen, bright eye, relaxed jaw• Impulsive walk up, rhythmical, balanced, tracking up well• Back braces during trot, especially thoracolumbar area• Slightly rushed in trot with some tension through nostrils• Tail slightly held right during upward transition

DYNAMIC ASSESSMENT SPECIFICS

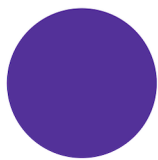
Areas of tension	Offside shoulder through deltoid and supraspinatus, offside intercostals. Thoracolumbar bilaterally. Nearside bicep femoris	
Gait notes	Walk impulsive, balanced, rhythmical. Trot slightly rushed, looks less comfortable	
Tracking up	Walk – Yes	Trot – Slightly short on nearside
Limb Flight	Walk – straight	Trot – Slight paddling on offside fore
Flexion	Lack of lumbo-sacral flexion. Limbs decent flexion, with exception of stifles and hocks	
Landing	Flat on all 4	
Signs of Lamness	No	
Pelvic Drop	No	
Transition	Quite smooth but excessive tail raise initially and facial tension which was sustained	
Turn on Forehand	Left Rein – some discomfort, poll and trunk flexion looks uncomfortable, hind limb crosses intermittent	Right Rein – Good crosses, no signs of toe/heel landing preference, no pivoting
Rein Back	After a couple of strides, did manage diagonal pair landings. Some facial tension	



PALPATION OBSERVATIONS



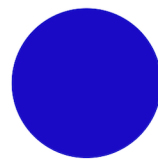
hypertonicity/
tension



fascia
restriction



twitch/
spasm/
fasciculation



pain response



swelling/
oedema



heat/cold



crepitus



RANGE OF MOTION TESTS

Lateral Neck Flexion	L Restricted around C4/5 R Good
Nearside Forelimb	Retraction/Protraction good, Rotation slightly restricted
Nearside Hindlimb	All good
Offside Forelimb	Retraction difficult, otherwise good
Offside Hindlimb	All good
Dorsal extension	Yes
Dorsal flexion	Minimal response
Lateral pelvic	Better flexing right
Atlanto-occipital Mobilisation	Resistance
Tail Mobilisation	Good lifts and rotations



SESSION NOTES

AIMS/ OBJECTIVES	<ul style="list-style-type: none"> • Reduce tension in areas found • Improve dorsiflexion, loosen thoracolumbar fascia and intercostals • Improve lubrication/fluid in limb joint capsules • Reduce tension through tissue surrounding hyoid nearside • Improve atlanto-occipital mobilisation • Free offside shoulders and release facial restriction to improve limb mobilisation and achieve vertical balance • Stimulate lymphatic system to flush any toxin buildup, increase blood/nutrient flow to tissues and joints bodywide • Loosen ventral chain • Release diaphragm and iliopsoas • Address fasciculation through latissimus dorsi around T15
TECHNIQUES USED	<ul style="list-style-type: none"> • Hyoid release • MFR through head and face • Cranio-sacral therapy • Atlas compressions, tissue stretching and petrissage to neck bilaterally, cervical flexion releases with particular attention to nearside, fetlock release in nearside to address upper cervical tension via myofascial chain • CT junction releases, 1st rib release offside • Intercostal and thoracolumbar MFR, with spine rocking & tail mobilisations and stretches to additionally address paraspinal tension/restriction • Ulna release offside • Massage and MFR through hind quarters, addressing BF tension as part of this, working through all hamstrings • Petrissage to all limb muscles, Foot mobilisations, gentle shoulder rotations, passive adduction & abduction stretches to midlines in forelimbs • Breathing bone exercise (with you monitoring pectoral activation) • Ischium tendon-point releases • Effleurage body-wide • Psoas release • Diaphragm release
OBSERVATIONS DURING THERAPY	<ul style="list-style-type: none"> • Enjoyed head/face work with release responses noted • Cranio-sacral feedback more prominent in sacrum than cranium • Cervical flexion took a while, initially quite guarded but eventually relaxed enough to let me work the tissues • Also a little guarded about work to spinal muscles initially but loosened and relaxed following more work to neck and tail • Repeated yawns working on nearside stifle (about 8 I think?!) • Less resting of hind limbs towards end of session • Big retracted stretch of nearside hind after work to offside ribs/abdominals • Revisited fasciculation through thoracic paraspinal muscles at the end of the session with a definite reduction, although some slight signs still present • Thoracolumbar fascia released nicely • No particular reaction to viscera
RECOMMENDATIONS	<ul style="list-style-type: none"> • Keep an eye on lateral flexion and see if this becomes more balanced • I would go back to your curved and straight poles (ground level) to improve proprioception and balance – this may help with him falling in on circles – see if you can note any asymmetry during the work and whether this improves – exercise below for vertical balance • If you can bring your scheduled saddle fitting forward that may be beneficial, to ensure that this isn't playing a part in the tension and restriction through the back, and the atrophy alongside the withers • Long-reining would be a great exercise for straightness as well – could also do on large circles in walk when straightness is improved • Continue with current plan to address pastern angles and heels as discussed with [insert farrier name] – definitely looking better! • Some further self selection may be interesting with things such as milk thistle and marshmallow root (?) I will let you research this as obviously I'm not a nutritionist. If abdominal/intercostal/spinal restriction continues after saddle fitter perhaps talk to [vet name] about gut health?

FOLLOW UP BOOKED/RECOMMENDED FOR:

BOOKED 30 AUGUST 2023