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Massage for Horse Owners Certificate

1 day course – syllabus

* Course Introduction
* History of Massage
* Anatomical Terms & Directions
* Equine Skeleton – The Bones
* Equine Musculature – Deep & Superficial
* Tendons & Ligaments
* How the Muscles Work
* The Stay Apparatus
* Equine Fascia
* The Benefits of Massage
* Vital Signs of Health
* Preparing for Massage
* The Foundation Hand Placements & Massage Moves
* Therapist Posture
* Contraindications
* Warm Up/ Cool Down Routine
* Heat & Ice Therapy