



Level 3 Diploma in Equine Sports & Rehabilitation Massage Course Syllabus

Module One – Introduction & Skeletal System

1. Introduction to Massage & A History of its Foundations
2. Anatomical Terms & Directions
3. The Skeletal System – Joints & Bone Anatomy
4. Ligaments & Tendons

Module Two – The Systems

1. The Nervous System
2. The Digestive System
3. The Respiratory System
4. The Cardiovascular System
5. The Lymphatic System
6. The Endocrine System
7. The Integumentary System
8. The Genitourinary System

Module Three – Musculature & Kinesiology

1. Superficial Muscles
2. Deep Muscles
3. Origins & Insertions
4. Trigger Points – Basic locations and treatment methods
5. Fascia – Structure, purpose & dealing with scars & fascial release
6. Kinesiology & Stay Apparatus – Spine, forelimb & hindlimb muscle movements

Module Four – Massage Treatments

1. Contraindications to Massage – When not to treat & recognising when to refer
2. Benefits & Effects of Massage
3. Techniques
4. Therapist Posture
5. Treatment Routines

Module Five – Observations & Rehabilitation

1. Conformation – What to look for
2. Gait Patterns – Correct footfalls & Gait patterns
3. Initial Observation – How to approach the first treatment, including history taking
4. Discipline specific issues – Racing, polo, dressage, eventing, driving, endurance etc
5. Muscle Problems/issues – TMJ dysfunction, tying up etc
6. Stretching – Types, reasons and recommendations as to safe stretching routines

Module Six – Business & Beyond

1. Starting a Business – Tax, Paye, company formation & structures
2. Marketing – Social media, basic branding considerations, websites
3. Vet Consent
4. Record keeping – GDPR, data protection, example client forms
5. Health & Safety
6. Rehabilitation Equipment – Laser, red light, taping etc

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