



Key to symbols

Effleurage & Compression 

Kneading & Cupping 



The Massage Routine

1. Whole body - effleurage
2. The Neck
 - 2.1. 3 x effleurage
 - 2.2. 3 x compression
 - 2.3. 3 x effleurage
3. The Shoulder
 - 3.1. 3 x effleurage
 - 3.2. 3 x compression
 - 3.3. 3 x effleurage
4. The Back
 - 4.1. 3 x effleurage
 - 4.2. 3 x compression
 - 4.3. 3 x effleurage
5. The Quarters
 - 5.1. 3 x effleurage
 - 5.2. kneading
 - 5.3. cupping
 - 5.4. 3 x effleurage
6. The Chest
 - 6.1. effleurage
7. Whole body - effleurage
8. Thank your horse



Effleurage

Using whole of palm, keep fingers relaxed, always keep contact with horse's skin.



Compression

Using heel of hand, squash muscle, stretch skin, release pressure, slide to next spot.



Kneading

Using flat of fist, squash muscle, twist the skin, release pressure, slide to next spot.



Cupping

Using cupped hands, alternately tap muscle.

