

# Massage for supple muscles



**Sue Palmer is a Chartered Veterinary Physiotherapist from Staffordshire. Passionate**

**about the comfort and wellbeing of horses, Sue believes that massage is something that every horse owner can do for their horse.**

“As horses get older, just like humans, they can become stiff and sore and need a little more care and attention when it comes to their muscles,” says Sue. “Massaging your horse is a great way to help promote circulation, as he gets older and his muscles aren’t moving around as much we need to do the moving for them.

“Massaging the muscles also helps to lubricate the joints - think of it as an engine, if it’s not turned on and moving, the lubricant can’t reach all of the parts and that is why we need to try to replicate this process for our older horses.

“Basic stretches such as carrot stretches are also great to help keep your older horse free from any knots or tension, but if you wish to do more advanced stretches with him, you should get advice from an expert. With massage you can’t go too wrong and if something is uncomfortable your horse will let you know, whereas with stretching, if not done properly, you could cause more harm than good.

“Whether your older horse is in light work or no work at all, massage is a great technique to keep him feeling supple. It’s inevitable that his muscles are going to deteriorate as he gets older, but we can make the process as comfortable as possible.”

## WIN

Five lucky readers could win a copy of Sue’s ‘Horse Massage for Horse Owners’ DVD which gives you practical and easy-to-follow advice on massaging your horse. Send your name, address and contact details to [getinvolved@yourhorse.co.uk](mailto:getinvolved@yourhorse.co.uk) and type ‘Physio’ in the subject to be in with a chance to win.

Good luck!

