



Massage Techniques for Horse and Rider

Mary W. Bromiley

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This is the first book to cover in depth the circulatory, muscular, and nervous systems of the horse and rider as they relate to massage. The author describes in detail the surface anatomy of both horse and man and shows how the muscles in both species are affected by movement. The various techniques, effects, and end results of each type of massage are thoroughly covered. The superb photographs and detailed lined drawings make this a must for all those involved in equestrianism and interested in massage.



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