



# Bodywork for Horses: Techniques You Can Use Yourself

*Susan McBane*

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## **Bodywork for Horses: Techniques You Can Use Yourself** Susan McBane

Bodywork - a general term of physical therapies - provides a rewarding and effective means of creating a close relationship with a horse and enhancing his comfort and wellbeing. Although there is no substitute for professional help, Bodywork for Horses details simple techniques such as massage, stretches, shiatsu and others which sensible and conscientious owners can practice on their horses. Using only the most basic science, this book aims to give owners a good understanding of how selected techniques and therapies work and when to use them. Aided by illustrations, it gives clear instruction in how to apply the chosen techniques and what results can be expected.

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