

FAQ's about Equine Myofascial Release

Can any horse benefit from Myofascial Release?

Yes, especially those with:

- A history of chronic lameness, injuries or surgeries
- Decreased performance with no diagnosed problem
- Decreased range of motion
- Pain sensitive areas/trigger points
- Irritability/unwillingness to work

What is fascia?

Fascia is tough connective tissue which spreads throughout the body in a three-dimensional web from head to hoof. The fascia surrounds and interpenetrates every muscle, bone, nerve, blood vessel and organ down to the cellular level.

How does the fascial system respond to trauma?

As in humans, the tightening of the fascial system is a protective mechanism that is a response to trauma. The trauma may arise from an acute injury like a tendon strain, chronic compensation, or repetitive training techniques. Fascia loses its pliability, becomes restricted, and is a source of tension to the rest of the body.

How does Myofascial release differ from chiropractic manipulation or massage?

Myofascial release addresses the soft tissue restrictions that can lead to altered bony alignments, but does not directly manipulate the bone structure of the horse. Massage often releases the elastic component of the fascia with good short term results and myofascial release provides long term results by engaging the entire fascial system while making permanent length changes to the tissue.

How does myofascial release fit in with my horse's current veterinary care?

Myofascial release is an adjunct therapy to your current veterinary care. Using a team approach can help keep your horse in optimum condition.

How do horse and rider affect each other?

Invariably horse and rider seem to mirror each other in structural alignment and relative dysfunction. It's apparent that each affects the other through the relationship of riding. The combination of physical therapy techniques, myofascial release and joint mobilization has a great effect on restoring horse and rider's structural alignment, soft tissue health, and functional ability.

Contraindications for Myofascial Release Treatment include acute inflammation, an opened wound, sutures, a healing fracture, and advanced degenerative disease of any sort.