

What people are saying....

These are actual comments from customers whose horse's received treatments from Liw:

"My horse was great after his massage, very happy to be head down, a bit round and very quiet (always a sure sign he is comfortable). At the show he was a bit strong and we had a few moments of head between the legs and little bucks but nothing really big. He got a 3,4,8th so at least he pinned. He will be better next time out."

MR, owner/rider of eventing horse which received a treatment 3 days before competition

"After my horse had the massage by Liw, I noticed a difference with his flexion, and had also felt a difference riding him as well. My horse became more responsive in the cues I was asking him to do and felt more willing!"

BM, owner/barrel racer



Routine and regular massage is beneficial to maintaining optimal health and performance.

Liw also schedules demonstrations and workshops on equine massage. Contact her if you'd like to schedule one for your stable or other organization (e.g., Pony Club).



Note: Finding Quiet Equine provides performance-enhancing treatments to complement regular veterinary care for your horse. Always consult your veterinarian for diagnosis and treatment of health-related issues.

Finding Quiet Equine



Finding Quiet Equine was founded by Liw Bringelson with the goal of "Making connections for you and your horse."

Massage, or bodywork, is a general process through which a body, human or equine, is able to release tension and reduce blockages that limit movement, health and healing. When these blockages are removed, and balance is achieved the body can maintain a state of wellness.

Liw (short for "Liwana") grew up in Nebraska, has been a horse person her whole life, and now is training in dressage. She has academic training in psychology, human factors engineering and group dynamics as well as human and equine massage.



She uses a collaborative, problem-solving approach to massage, allowing her to treat each client as an individual.

To book an appointment or to ask more questions, call or email:

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Maintaining optimal health with Equine Massage



Photo by Heidi Lommatzsch

Consider how Equine Massage relates to and supports:

- Veterinary care
- Hoof care
- Training and coaching
- Riding

Considering your horse....

Your horse's physical and mental well-being, relies on a network of people. Equine massage is one component, which relates to other key stakeholders, including:



Your **Equine Veterinarian** is *The Doctor* for your horse, providing medical diagnosis and treatment. Your veterinarian may prescribe medicine, surgery or other approaches, such as supplements or massage, to provide a holistic approach to overall health.



Your **Farrier** works on your horse's hooves on a regular basis (every 6-8 weeks) and therefore can identify inconsistencies or anomalies in wear on the hoof or shoe. The farrier's "read" of the hooves can help the massage therapist understand and address problem areas in your horse's body.



The well-developed eye of your **Trainer/Coach** may be the first one to notice imbalance or inconsistency of movement, that can be helped with massage. Once the horse's body is back in balance, the coach will use exercises to build under-developed muscles and balance in your horse's body.



As the "other half" of the team, a well-balanced **Rider** notices changes in a horse's attitude or movement, and adjusts posture and aids to compensate. The horse also compensates, taking on tension or imbalances due to a rider's stress or inexperience. This compensation can lead to holding patterns and ways of moving that should be addressed before they develop into unsoundness.



An **Equine Massage Therapist** provides treatments to release tension and blockages in your horse's body. Massage is a hands-on approach, and works with a horse's soft tissues, including muscles.

Benefits of massage include:

- Release of muscle tension and holding patterns;
- Increased blood and fluid flow, for improved cellular health;
- Addresses restrictions or adhesions of connective tissue throughout the body;
- Increased flexibility and range of motion;
- Improved relaxation and calming.

These effects may result in the following observable behaviours from your horse:

- Stretching, during and after massage;
- Better contact, and less fighting the bit;
- Improved response to aids;
- Increased fluidity of movement;
- Relaxed and more willingness to work.



Frequently Asked Questions

- Q: How much does a massage for my horse cost?
- A: *I charge \$75/session plus a travel fee (if applicable) although I also offer multi-horse discounts. Please ask for details.*
- Q: How long does a session last?
- A: *A session generally last 50-70 minutes, depending on the horse. The first session will usually be 15-20 minutes longer .*
- Q: How many sessions will my horse need to get better?
- A: *Each horse is treated individually, so there isn't an easy answer for this question. If we are able to treat an issue as soon as it starts occurring, we may see results within 2-3 sessions; chronic issues which have been around for a long time, may take longer for your horse's body to release.*
- Q: How often should my horse be massaged?
- A: *When working on a specific issue, I suggest a treatment every week or two, depending on your horse.*

Bodies are complex and dynamic systems and absorb stresses every day. Once your horse's body has released the tension or blockage from a specific trauma, it is good maintenance to have a massage every 4-6 weeks to remain in balance and prevent future injury.