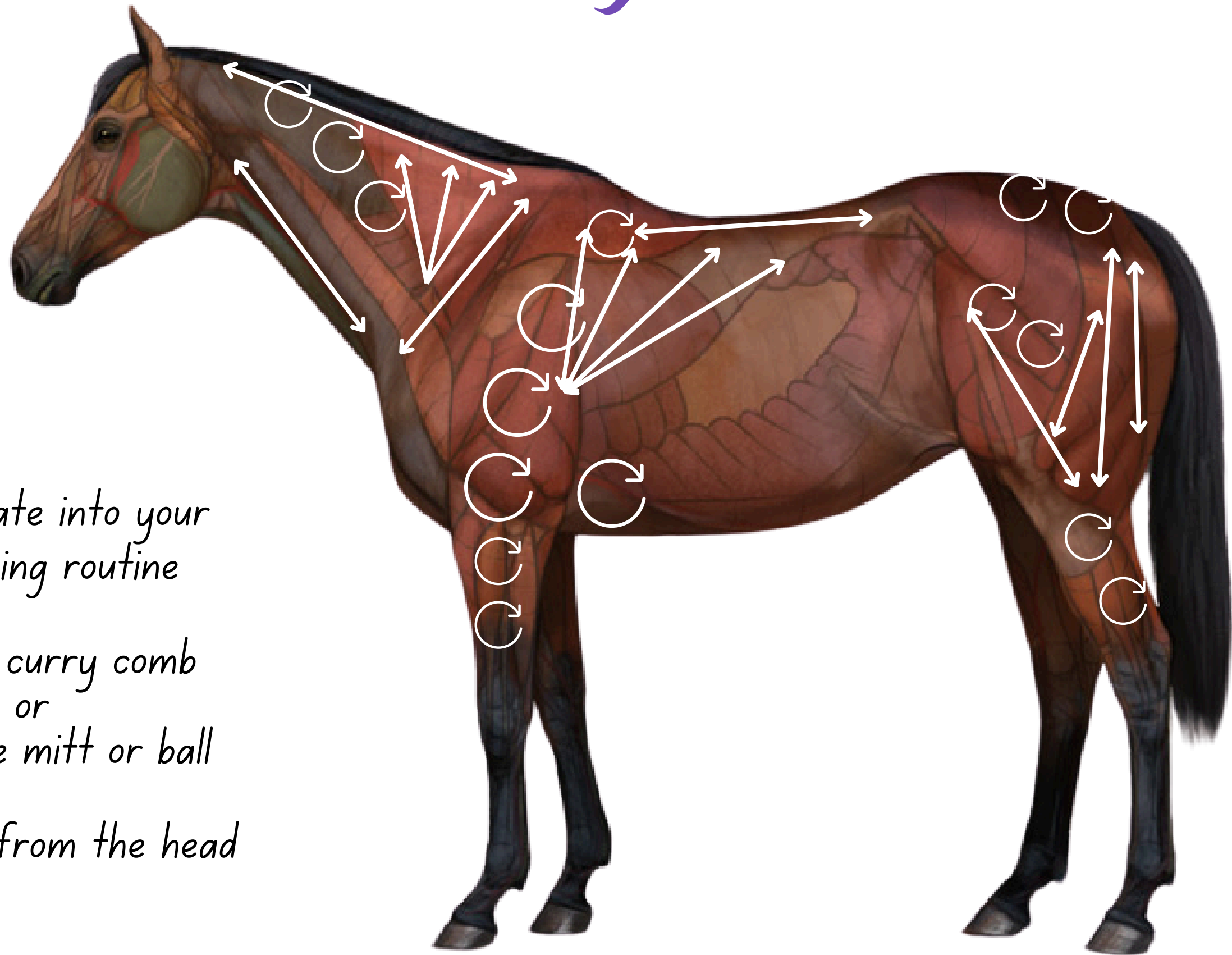


The Groom Massage



*Incorporate into your
grooming routine*

*Using a curry comb
or
massage mitt or ball*

Starting from the head

The Groom Massage - Things to remember/top tips

- Avoid the following bony areas - cervical vertebrae, spine of scapula, point of hip
- When massaging the lower portion of the neck use a light pressure as cervical vertebrae can't be completely avoided in that area.
- Take note of any reactions from your horse and let your therapist know next time they are out
- If in doubt about something speak to your therapist
- Remember this is something to do between appointments, it does not replace the need for a massage therapist.