IN LINE EQUINE BODY WORK

Find the why. Restore equilibrium.

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CLIENT GUIDE

What to Expect on Your First Visit

The first time I meet a horse I will want to perform a dynamic assessment, seeing your horse move in hand or on the lunge line, based on the concerns you have and what I may want to have a closer look at. We will need a place with level ground, which is ideal for watching the horse move from the side, towards, and away from me. In this, I am looking at the whole horse in motion to determine areas of weakness, imbalance, pain, or restriction. This will be followed by a full palpatory assessment and range of motion assessment to isolate and identify specific concerns and their cause.

The session itself will then be tailored to your specific horse, and will consist of a variety of techniques including structural integration, myofascial release therapy techniques, and a combination of stretching, massage, remedial exercises, cold laser, IR red light pads, and kinesiology taping — if applicable, and as accepted by your horse. It will take place where your horse is most comfortable, such as cross ties, an aisle, or any open area that provides good airflow and space to work. An open area such as an aisle or wash stall with cross ties is preferred, as we will be performing stretches and prefer not to get pinned into a smaller stall.

I will take notes to guide me, and will focus on subtle responses — so sometimes we will talk, and other times I will be quiet, focusing on your horse's responses. I will cover the entire body, generally starting at the front and working backwards. I will wait until permission is granted by the horse before moving into any tender, braced, or protected areas.

Generally, the horse wears a halter and lead. When there is a big release — head shaking, blinking, blowing, licking and chewing, yawning, or even passing gas — I will stop and wait for the horse to finish before continuing. I continually assess both the physical and psychological state of the horse. Some horses will walk, bite, paw, or chew the lead line or cross ties before a large release, and may initially need help learning to relax and let go. I maintain a balance that is both effective and enjoyable for your horse. As the body becomes healthier, sessions become more and more relaxing.

You will then be provided with a bodywork plan and schedule for follow-on visits based on your horse's assessment, along with home care recommendations to address your concerns and provide support between sessions. These recommendations may consist of stretching routines, under-saddle exercises, massage, stable management, chiropractic follow-up, or veterinary assessment should that be required.

I look at the WHOLE horse. The purpose of my work is not only to release constrictions and rebalance the body, but to address the root of the problem — the 'why.'

> **Plan your time:** Allow 1–1.5 hours for the initial visit, and 1–1.5 hours for any follow-up treatments.

How to Prepare for Your Visit

Please try to have the horse in the barn, dry, and cleaned with mud and dirt removed from the body and legs — to the best of your ability; east coast weather doesn't always cooperate! I suggest using a rain sheet if the horse has to be turned out in the morning and there's potential for rain, or for them finding a mud pit to roll in.

If the horse is brought to me dirty, there will be a $25 grooming fee in order to get the horse to a workable condition for the session. If the horse smells of urine or has feces on it, those must be bathed or cleaned off — my hands will be all over your horse, and well... would you want to work on a horse in that condition? This includes under the tail. I will be doing a pelvic floor assessment and will also be gripping and working pelvic and hind end muscles and ligaments, many of which are located under the tail (hamstrings!). Please have dirty bottoms cleaned up prior to the session.

- In winter, please have blankets removed. We create a lot of static while working on the horse, and we do not want to worry or scare them with a shock. If they are clipped and it is cool outside or in the barn, please have them in a non-fleece blanket that I can fold back. Please avoid Back on Track products during the session, as they generate a lot of static — non-fleece or quilted coolers normally work best.
- Please avoid any form of hoof paints or oils on the day of your horse's session. These products end up on my hands and clothing, and though I am quite comfortable with dirt, my poor wardrobe tends to take a beating. They also create a slipping hazard on the feet when I handle them, and we all want to be as safe as possible.
- Please avoid Show Sheen or similar coat conditioners on the day of treatment, including fly spray on the body — legs are fine. These create a slippery film on the coat, making certain techniques difficult to perform, and most of it ends up on my hands.
- Please notify your therapist ahead of time if there have been any changes to the horse's medication or care routine. Thank you!

After the Session

After the session I write up notes specific to you and your horse. We will discuss the session, homework, and future scheduling.

It is recommended that the horse gets plenty of water and is hand-walked for 10–15 minutes. Depending on the intensity of the session, I will recommend one of the following:

- Return to work as normal
- Rest for 24 hours
- Rest for 2–3 days

Common Questions

Will my horse get sore afterward?

This depends on what is done. Generally there is no soreness, but sometimes it will take 1–3 days for the body to adjust to the new mobility, freedom, range of motion, balance, or feeling.

Can I ride my horse before or after?

Before — yes. Riding will help loosen up muscles and warm the body up for the session.

After — hand-walking for 15 minutes is preferred. Light riding is encouraged, but please no dedicated work or jumping the day of or the day after the session. Light stretching work is best, and for half the normal amount of time.

Do I have to be there for future sessions?

We do encourage owners, trainers, and riders to be present so we can be sure you're aware of findings and homework, though I understand this isn't always feasible with scheduling. As long as you are comfortable with my working on your horse, and the horse is safe to handle and can tie, I am fully capable of conducting sessions on my own.

If I'll be working without you there, please let me know where the horse will be, where the halter is, which space I can use, and any gate codes or barn manager notification needed. If the horse is not already inside, a $25 catch fee applies to non-owner-present sessions. Please also let me know where to return the horse when I'm done — I will text a session summary and send notes to you that evening.

If your horse is difficult to handle or cannot or will not tie, we ask that you or another horse-savvy person be available to help handle the horse for the session.

Methods of Payment

Payment is billed per session. I accept cash, check, Venmo (@Mary-Day-33), and Zelle (use mobile number).

Cancellation Policy

I must be provided with a minimum of 24 hours' notice in the case of having to cancel or reschedule. In the spirit of fairness, I do my best to always provide my clients with the same courtesy. Both my time and yours is valuable, and I always strive to do right by my clients with regard to last-minute changes, and hope they will return the same respect and courtesy to the best of their ability. I understand that some circumstances are unpredictable and unavoidable.

> **Under 24 hours' notice:** $20
>
> **No-show:** Full session fee, including quoted mileage

Taxes are included in the pricing above.

I look forward to working together to help your horse feel and perform its best!