

# Equine Sports Therapy

By Kristen Giglio

**H**ave you had a horse in your riding career that was injured and, no matter what standard veterinarian medicine had to offer, your horse was never quite the same? It was that exact scenario that led me to pursue a complimentary approach to veterinarian medicine - Equine Therapy.

Since early childhood I have been drawn to horses. This passion has led me to pursue my dreams and dedicate my career to equine wellness. I have been practicing as an Equine Therapist for the past three and a half years. Prior to that I have worked with both large and small animal veterinarians for seven years. The knowledge that both careers paths have given me is countless and I am able to incorporate it in my therapy.

Equine Therapy is not just treatment and prevention of general muscle weaknesses, it also incorporates saddle fitting, acupuncture, magnets and many more therapeutic approaches, depending on each individual situation.

Massage, as one treatment tool, allows for injury prevention, by alleviating general and specific muscle imbalances before it affects your horse's performance and movement.

Most horses hide or compensate for imbalances and pain. This natural survival mechanism allows for chronic discomfort and overall imbalances to be present before it can be detected by the human eye. Preventive treatment allows for these problems to be addressed before it



affects your horse's muscular and structural makeup. As a therapeutic approach, it aids in breaking down muscle knots and scar tissue. This, in return, creates increased circulation and aids in the relief of muscle fatigue and helps replenish atrophied muscles.

Saddle fitting, as I am sure most horse riders are aware, is a huge contributor to equine imbalances, muscle atrophy and pain. By alleviating this problem and riding in a properly fitted saddle, for you,

and more importantly your horse, will help to create a balanced and comfortable horse.

Acupressure is also an incredible tool as energy imbalances throughout your horse cause congestion of the body's systems. This, in turn, creates muscle, structural and in worse case scenarios, organ weakness.

Today's advances in Equine Therapy have proven to benefit a horse's overall movement, range of motion, longevity and wellness. The results of using these proven therapies have made me trust and believe in these treatments and have allowed for success and growth in the practice of Equine Therapy.

My monthly column will feature Equine Therapy, Preventive Exercises, Saddle Fit, Questions and Answers and much more. For information and an in depth look at my education and practice, visit my website at [www.acetherapy.ca](http://www.acetherapy.ca). 

## About Kristen Giglio

Kristen Giglio is a Certified Equine Therapist and Animal Health Veterinary Technician. Contact Kristin at (250) 370-9951, [www.acetherapy.ca](http://www.acetherapy.ca), Veterinarian Recommended.