**FOUNDATION COURSE IN EQUINE MASSAGE
for Veterinary Physiotherapy students**

**31 July - 2 August 2017**

**Delivered by Helen Tompkins MSc (An Manip), MSc (Vet Phys), Dip ITEC (Equine) MMAA, MNAVP, MESMA,**

**BEVA Allied Professional**

**INFORMATION PACK**

|  |
| --- |
| **CONTENT** |
| * Palpation and palpatory skills practice. Identifying/quantifying feel, quantification of pressure depths
* Massage techniques theory (effleurage, petrissage, tapotement, friction)
* Translation of massage to the horse (horizontal >>vertical) concentrating on effleurage and quality of touch
* Therapist posture, ergonomics and safe practice
* Identifying/quantifying feel on the horse & muscle tone assessment. Comparison of muscle tone between horses.
* Equine surface anatomy/bony landmarks
* Functional anatomy – protraction and retraction generally and muscle group interaction
* Outline of muscle pattern types (fibre alignment, length and relationship to activity)
* Other massage techniques applied to the horse (effleurage, petrissage, tapotement and friction) – appropriate practice
* Thoracic limb muscle group agonist/antagonist action including thoracic sling gross anatomy; muscles involved in protraction/retraction
* Hindlimb muscle group agonist/antagonist action; muscle groups involved in protraction/retraction
* Core stability – axial dorsal and ventral muscular chains and their agonist/antagonist action
* Palpation, assessment and full treatment of horses
* Specialist technique: Myofascial release
* Comparison of several horses, assessment of muscle tone, application of treatment and discussion of different needs between horses.
 |

It is not anticipated that detailed individual muscle(s) or layers need to be considered. This will be/have been dealt with on the NAVP course. The aim of this course is to directly apply functional anatomy to inform a massage treatment, to develop quality of touch and to help inform the quality/suitability of the treatment delivered.

**COURSE INFORMATION**

|  |  |
| --- | --- |
| **Contact**  | **Helen Tompkins****01598 710723 (evenings) or 07970 619906** |
|  |  |
| **Location**  | Downe Farm Event Centre, Witheridge, Tiverton EX16 8QF  |
|  |  |
| **Times:**  | 9.30am- 4pm  |
|  |  |
| **Equipment required:**  | * Block to stand on (the safety, use and suitability of this block is your own responsibility). Working from a block equates to working from height. You will be reminded of the need to take care but you are responsible for your own actions in this regard.
* Pillow - partly to lean on, partly to practice on
* Notepad and pen/clipboard
* You may find it useful to bring an anatomy text book
 |
|  |  |
| **Clothing** | * Treatment clothing: suitable clothing *per* your usual practical days (overalls or kennel coats); steel toecap boots if preferred.
* Indoor clothing: students will be practising on each other on occasion. You should bring a bath towel and wear modest upper undergarments. If you prefer NOT to undress (remove T-shirt) for massage practice even with the modesty a towel will provide then you will need to wear a very tight fitting T-shirt so your partner can work through your clothing.
* It is suggested that you are brave about this!!!! The room is private.
 |
|  |  |
| **Personal care** | * Long hair must be tied back. NO jewellery except wedding rings or ear studs (no ear sleepers please). Long nails should be cut short.
 |
|  |  |
| **Insurance**  | * Please let me know immediately if you do NOT hold NAVP student insurance.
 |
|  |  |
| **Refreshments**  | * Tea, coffee, biscuits and water will be provided.
* Please bring a packed lunch. There is a Spar supermarket a couple of miles away in Witheridge if you forget.
 |
|  |  |
| **Directions** | * Address and postcode above.
* Downe Farm is situated in a rural location accessed most easily from the B3137 from Tiverton.
* From M5: Leave at J27 turning west to Barnstaple. Take the A361 and continue along dual carriageway until you reach the Tiverton Roundabout. Turn L in to Tiverton. Cross the next mini roundabout by McDonalds. Turn R at the second Roundabout (takes you past PetsAt Home and Halfords). Straight over next mini roundabout outside Morrisons. At next roundabout turn right (signed Witheridge).
* After 100 yards take left turn signed Witheridge B3137 (this is Longdrag Hill).
* Continue on about 6 miles until you reach the village of Nomansland
* Turn right at Nomansland Cross immediately after/next to the Mount Pleasant Inn - signed to Rackenford.
* Continue about a mile to a staggered crossroads (Five Crosses) - take the second left.
* At end of lane turn left. After about 1/2 mile turn right on to Down Hill. Downe Farm Event centre is on the right hand side. It is also the home of Cheffings Saddlery.
 |
|  |  |
| **Accommodation** | Wheadon Farm B&BWheadon Farm, Witheridge, Tiverton EX16 8QAPhone: 01884 861018www.wheadonfarm.co.ukThe Mitre Inn2 The Square, Witheridge, Tiverton EX16 8AEPhone: 01884 861263www.themitreinn-witheridge.co.ukRockhaye Cottage B&BFred & Maggie HanburyRockhaye Cottage Dart Hill Witheridge Tiverton EX16 8PXPhone: 01884 860578www.rockhayebedandbreakfast.co.ukFood is available at the Mitre Inn in Witheridge or at the Mount Pleasant Inn in Nomansland.  |
| **Completion certificate** | * Certificate of completion will be available at the end of day 3
 |
|  |  |

**Feedback from previous students:**

* "Very useful working on each other and also relating to anatomy in a broader way. Great venue, really enjoyed it and think it will be a huge benefit going into my second year"
* "As a student going in to year 2 I found this invaluable. I now have the knowledge and confidence to practice on a horse and has helped me make sense of my anatomy. The variety of horses used was great and I liked the direct and practical style of delivery."
* "Very useful practising on each other. It [the course] should be compulsory"
* This course would be beneficial for all students at end Yr1 or even prior to commencement. It is unfortunate that it is not compulsory. The course enabled me to think more outside the box and understand muscle groups"

**COURSE STRUCTURE**

**Day One:**

**Classroom**: Introductions, aims and parameters of course

 Induction (H&S)

 Palpation skills exercises

**Massage\*:** Demonstration of strokes on each other (upper body and arm)

 Practice strokes and depth

 Feedback from client

**Practical**  (Horses)

 Bony Landmarks practical

 Body posture/ergonomics/safety

 Effleurage (Demo and practice)

**Day Two:**

**Classroom:** Functional anatomy: Muscle groups. Protraction/retraction. Muscle fibre arrangements and relationship to activity .

 Anatomy from the massage point of view: thoracic sling; core stability; hindlimb propulsion. Where to look and what to link

 Contraindications

**Massage\***: Further practice of all strokes on each other

**Practical:** (Horses)

 Muscle/muscle group identification practical

 Individual strokes demonstration: compressions, kneading, wringing, friction, tapotement

 Individual strokes practice

**Day Three:**

 **Classroom:** Myofascial release, trigger points and neuromuscular technique

**Massage\*:** Myofascial release, TP and NMT (time permitting)

**Practical:** (Horses)

 Assessment of horse: Observing, assessing symmetry. Dynamic assessment. Palpable comparisons between horses. ROM.

 Full massage. Integration of all strokes/techniques.

 Drawing initial and then detailed conclusions from massage treatment.

*\*Students enrol on the course to establish their massage skills in the full knowledge that initial practice will be on each other in order to obtain/provide maximum verbal feedback. Students must observe strict protocols during work on each other regarding clothing, use of towels, couch etiquette, body contact, hygiene/cleanliness and respecting privacy. Contraindications will be checked in advance.*

**FOUNDATION COURSE IN EQUINE SPORTS MASSAGE**

**APPLICATION FORM**

Suitable for veterinary physiotherapy students/graduates

***Date of course: 31 July - 2nd August 2017***

***Location: Downe Farm Event Centre, Witheridge, EX16 8QF***

**Name of delegate**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Address: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Telephone: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Email: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Status/qualification NAVP Member Y/N Vet Phys Student Year 1/ Year2

Fees: **Total due £275** Enclosed (please delete as appropriate:

 a) Payment in full £275

 b) Non refundable deposit £150

 (Balance due by 31st May 201)

 Cheques payable to Animal Therapy Solutions Limited

 Online payment: Animal Therapy Solutions Limited 08-92-50 68629423

 Please use the reference format "Surname +Foundation"

 Bookings made after 1st May 2017 are payable in full

STUDENTS MUST HOLD STUDENT INSURANCE TO ENROL ON THE COURSE.

ALL DELEGATES MUST SEND/ATTACH A COPY OF THEIR CURRENT INSURANCE CERTIFICATE WHEN BOOKING

Signed: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Print Name: \_\_\_\_\_\_\_\_\_\_\_\_

Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

PLEASE SEND CHEQUE Helen Tompkins, Bratton Cottage, 1 Park Terrace, Bratton Fleming,

AND FORMS TO: Barnstaple, Devon EX32 4RY