

FOUNDATION COURSE IN EQUINE MASSAGE

for Veterinary Physiotherapy students

**Delivered by Helen Tompkins MSc (An Manip), MSc (Vet Phys), Dip ITEC (Equine) MMAA, MNAVp, MESMA,
RAMP Registered Physiotherapist**

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: Introduction to 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
Dates and Times:	15 -17 th July 2019 9.30am- 4pm
Equipment required:	<ul style="list-style-type: none">• 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. Bath towel.• Notepad and pen/clipboard• You may find it useful to bring an anatomy text book
Clothing	<ul style="list-style-type: none">• Treatment clothing: suitable clothing <i>per</i> your usual practical days (overalls or kennel coats); steel toecap boots if preferred.• Indoor clothing: students will be practising on each other. You should bring a bath towel and pillow, and wear modest upper undergarments. If you prefer NOT to undress (or at least remove your 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.• Please also bring soft shoes/trainers for use indoors.
Personal care	<ul style="list-style-type: none">• 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	<ul style="list-style-type: none">• Please let me know immediately if you do NOT hold NAVP student insurance.
Refreshments	<ul style="list-style-type: none">• 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. We have a microwave, kettle and fridge.
Directions	<ul style="list-style-type: none">• 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. 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&B
Wheadon Farm, Witheridge, Tiverton EX16 8QA. Phone: 01884 861018
www.wheadonfarm.co.uk

The Mitre Inn
2 The Square, Witheridge, Tiverton EX16 8AE. Phone: 01884 861263
www.themitreinn-witheridge.co.uk

Rockhay Cottage B&B
Fred & Maggie Hanbury, Rockhay Cottage Dart Hill Witheridge
Tiverton EX16 8PX. Phone: 01884 860578
www.rockhayebdandbreakfast.co.uk

South Coombe Farm, Witheridge Tiverton EX16 8QL
<http://southcoombe.co.uk/>

West Middlewick Farm, Nomansland, Tiverton, EX16 8NP
Self catering log cabin, ideal for students sharing. John and Jo are contacts. Recommended by previous students

Hele Barton Farm, Black Dog (self catering). Mrs Gillbard

Food 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: *15th – 17th July 2019*
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:

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 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 AND FORMS TO: Helen Tompkins, The Old Saddlery, Haxton Lane. Bratton Fleming,
Barnstaple, Devon EX31 4RN