



# Sports Massage for Horses

*Pennie Hooper*

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## **Sports Massage for Horses** Pennie Hooper

Whether your horse is a trained competitor or a weekend trail mount, he can suffer from muscular stiffness, strain, and injury, just like a human athlete. All of these common complaints can be treated—and further physical deterioration avoided—with sports massage. In this superbly illustrated, step-by-step guide, human and equine massage therapist Pennie Hooper explains that, with a little practice and simple techniques—namely compression and cross-fiber friction—you can give your horse a basic sports massage. Not only will his physical self transform as he feels better and moves more freely; you will find his responsiveness and general attitude toward work will improve, as well.

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