



AB Physiotherapy Services for horses and riders

Newsletter no1.

May 2020

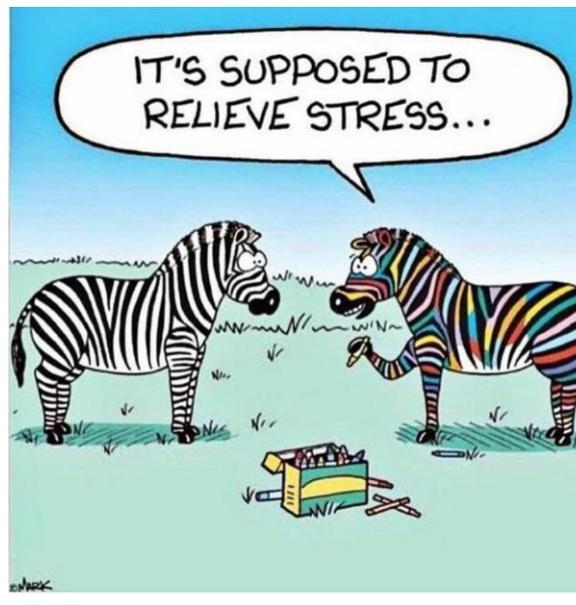
Welcome to my first newsletter. I plan to send an email 3 or 4 times a year to help you stay connected with updates, blogs from the website and inspiration from the facebook page, plus newsletter bonuses.

2020 had a promising start with summer dressage days and Mt Marshall Ag Show, then Covid-19 swept across the world. It has created uncertainty and stress for all of us, including AB Physiotherapy Services. After not seeing any clients for 7 weeks during March and April, I have resumed in person services with social distancing and paperless measures in place. I'm grateful to see clients returning to support local small businesses.

During the down time we acquired a mare and foal, who with some TLC are now looking in good condition and full of energy. Jessie has swapped horse back for horse power and been busy seeding on the farm, whilst Morgan has got engaged to Scott - congratulations! To provide a little entertainment whilst socially isolating they recorded some videos answering 'getting to know you' type questions - if you missed them [here are the links](#).

Best Wishes from, your local qualified professional in Veterinary Physiotherapy.

But first a cartoon ...



Physiotherapists and Covid-19.

Did you know that Physiotherapists have training in respiratory care which makes them essential personnel for helping people recover from Covid-19? Many people are unaware that the diaphragm is a muscle and that the joints between ribs and the mid-back, and the health of the lungs can play off one another affecting your ability to breathe easily, restricting you from moving freely, performing daily activities and exercise.

Our bachelor of science training gives us an understanding beyond just the musculoskeletal system to help see how other body systems (respiratory, digestive...) and psychology can impact the whole person (or horse) and their recovery. Having a BSc Physiotherapy as well as a MSc Veterinary Physiotherapy I can perform a thorough assessment of all aspects of equine management. From this we can work out an individualized rehabilitation plan to help you and your horse be happy athletes.



Swap expectations for appreciation. Expectations are about what isn't there, this can lead to a negative mindset; appreciation is about recognising what is there. This applies to training and competing with our horses, but also to our lives in general. When you pause to think about it we have a lot we can appreciate or be grateful for. #appreciation #positivemindset

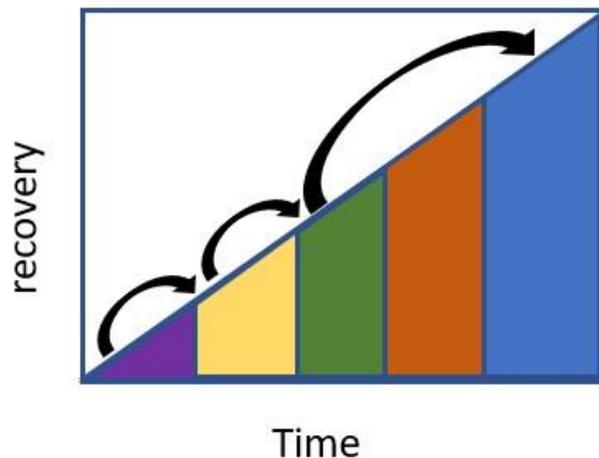
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Why a quick fix won't work

The concept of a quick fix fails to take into account the normal healing time frames of tissues. There are many therapies and techniques that can relieve pain, ... temporarily. A quick fix assumes you just want to get rid of pain now.

To recover well we need optimal input that progressively stimulates the tissues over the course of healing.

Not seeing through a course of rehabilitation is doing you and your horse a dis-service, it wastes time and money with cycles of repeating the first few stages of recovery, rather than reaching your goal of harmonious performance. A quick fix is fast, but it won't take you very far. Read the whole blog post here: [Why a quick fix won't work](#) (3min read)



Loyalty Reward Program

Most musculoskeletal issues require a course of treatment to desensitise the irritated tissues, correct poor movement habits, build strength and resilience, return to full function and prevent recurrence. Please read my blog ['Why a quick fix won't work'](#) to learn more about tissue healing time frames and avoid making common mistakes in recovering from injury.

To say high five in recognition of you committing to making a lasting change I will give you \$5 off your 4th, 5th, 6th (and ongoing) appointments in a calendar year. So that's your 4th, 5th, 6th ... follow-up consults for \$80.00 each, instead of \$85.00 each.

The road is long ...

The road is long, many hours in many years of thoughtful and enjoyable work together will turn a duckling into a swan. Correct basics don't look fancy or impressive. If you see a dramatic change in a session, most likely it either is not dramatic and you just haven't seen all the preceding work, or they are faking it and what you are seeing is not sustainable... Continue reading: [Correct basics don't look fancy or impressive](#) (3min read)

Take a normal breath and then once more hum as you breath out, feel how your ribcage sinks back towards your spine to allow you to fully breath out and fold your trunk towards your thighs. Pause as long as you comfortably can ..., breath in and return to the middle.

Sit peacefully for a moment just breathing naturally, bring some awareness to how much softer your body feels and then resume your day. Repeat as often as needed.

Ideal for at the computer, sitting with a hot drink, waiting in the car, or even while on the toilet if that is the only moment to yourself you have. Can also be done standing with a bend in your knees and fold right forward to hang down over your legs, just make sure you really push through your mid foot as you return to upright so your legs do the work and your back and neck muscles remain relaxed.

Don't carry tension onto your horses back, these 3 slow hums can be done before you go for a ride, your horse will appreciate you having a calm focused mind and softer muscles. This humming exercise can also be done whilst riding on the lunge or mounted on a reliable horse.

(This advice is intended to be general in nature, if the exercise is uncomfortable to perform please stop. Do not put yourself in a dangerous situation with your horse. If you have other health issues, particularly shortness of breath please consult me or your health practitioner before attempting the exercise.)

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