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## **Elevated Equine Performance Bodywork, LLC**

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# Welcome to **Elevated Equine**

We're so glad to have your interest! This guide is meant to provide specific information to help you get off to a great start and know what to expect.

## **About us:**

### **What we do**

We offer integrative equine musculoskeletal therapy for the betterment of the horses performance, behavior and their partnerships with humans. We use a mix modality approach and sessions rarely look the same between different horses due to the unique needs of each individual. We offer Masterson Method Integrative Equine Performance Bodywork, Massage, stretching, myofascial release, SureFoot Pads, Red Light Therapy, KT taping and more. Lindsay is certified in multiple modalities, with insurance as well.

### **Where we work**

Lindsay is local to Laramie, WY and travels regularly around the SE Wyoming area but also makes routine visits around northwest Colorado and the state of Wyoming. Sometimes, she ventures into the surrounding states.

## **Services and Timeline:**

### **Services Offered**

In addition to the services listed above, Lindsay can be hired for one or all, as well as consults, coaching owners through bodywork techniques, workshops and demonstrations. Outside of the therapy side, Lindsay also incorporates her skillset with a collection of bones for educational purposes.

## **Average Timeline**

Most horses are seen on a monthly to 6 week basis, but may require once a week or bimonthly visits for the first one or two sessions. These decisions are expressed with the owner and determined based on your horses needs. Elderly, rehabilitation and extreme cases need more sessions in the beginning of our time together. Following regular care allows us to get to know your horse well, and allows us to be an invaluable resource when changes occur, like injuries or wear and tear develops.

## **Before First Appointment:**

### **Considerations and preparations**

- ☐ Please fill out the Intake form and consent release to the best of your ability
- ☐ Please leave the horse's halter, lead and a quiet place for us to work. Usually we work in stalls and cleanliness is appreciated, you are welcome to join if you can!
- ☐ Order of work: Evaluations of the full body occur, along with checking in with the human for concerns, notes and questions. Then bodywork occurs, focusing on releasing tension and restrictions everywhere in the body. Spot treatments do not occur, as everything is interconnected.
- ☐ Note: Any acute injuries, sickness, lameness, skin disorders, or other negative changes to the wellness of your horse may require us to reschedule. We work with healthy horses and understand these reschedules.

## **After First Appointment:**

### **After care**

- ☐ Please leave the horse in a more open space, if this is a stall with run, that is fine. Please do not box stall a horse after the session.
- ☐ Horses are recommended a period of rest of 24-48 hours after bodywork for the body to process, integrate changes and light, light work is our only recommendation.

- ❑ Please provide adequate clean water over the next few days, water consumption may be increased which is normal and allows the body to work through the session and bodily waste to be expelled.
- ❑ Please expect your horse to walk a bit differently. There are a few reasons for this: needing to readjust, the nervous system relaxation, and more depending on the horse! We can better advise on what to expect and love to be kept in the loop.

## Resources

### Professionals we regularly work with

Here is a list of other professionals we regularly work with and recommend, after years of business. We do not do adjustments, but work to assist in the body's natural alignment and work together with other professionals to meet these needs to stay legal.

- ❑ Britt Harrison | Neuromuscular Dentist | 303-917-3036
- ❑ Ty Wrede | Farrier | 307-421-3203
- ❑ Natasha Krautschun | Farrier | 970-584-0483
- ❑ Nell Hanley | Trimmer | 307-760-4443
- ❑ Front Range Equine Performance | Sports Medicine Vet | 970-368-3125
- ❑ Intermountain Equine Veterinary Services | Dental and Chiropractic Vet | 406-426-8722
- ❑ Dynamic Equine | PEMF, Herbs, Thermography | 970-580-6217

### Glossary of terms

- ❑ Proprioception - a sense of perception relating to the body and limbs in relation to each other.
- ❑ Hypertonic - Too much tone
- ❑ Range of Motion (ROM) - The normal range of a joints movements
- ❑ Adhesion - A dense, fibrotic binding of tissue that is abnormal and may reduce ROM.
- ❑ Fascia - Connective tissue encasing muscles, ligaments, tendons and bones. This provides integrity and connected-ness of the tissues of the body for function.
- ❑ Parasympathetic - a state of the nervous system responsible for relaxation, rest and digestion, making it ideal for healing.
- ❑ Sympathetic - a state of the nervous system responsible for flight, fight or freeze and supporting the body through stress
- ❑ Mobilization - Peeling away and working with the body to restore ROM of the joint or junction that was impeded.
- ❑ Response - a reaction from the horse signifying the location and presence is causing them feelings. Examples: Blinking, sighing, shifting weight, twitching, lip quivering.

- ❑ Release - Signifies the processing and culmination of work done with the horse, and the horse being at a more parasympathetic state. Examples: Yawning, licking/chewing, snorting, shaking and defecation.