

# Words of Wisdom



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[www.equusmusclemanagement.com.au](http://www.equusmusclemanagement.com.au)

The arrival of your child's first pony is the beginning of a life-long partnership. Long after the excitement of the new arrival wears off, the relationship continues to grow and develop for many years. Along with your guidance, that first pony is a brilliant teacher of many subjects.

Physical Education - movement, balance, co-ordination; Mental Gymnastics - concentration, planning, preparation; Life skills - commitment, empathy, responsibility.

## But what happens when things go wrong?

The gentle pony has morphed into a cranky tyrant that is impossible to catch, nips at every opportunity and rolls his eyes when you arrive with the saddle. Worse, he throws his head around, kicks, bucks or runs off while being ridden. This is a common scenario and Equus Muscle

Management treat many horses and ponies for young and beginning riders. The cause, for the most part, is pain often due to poor quality and poor fitting equipment. A 'good price' rarely equals 'good gear' and cheap, ill fitting equipment tends to work out to be very expensive in the long run. We must also keep in mind that, once we have replaced his equipment, the new correctly fitting equipment does not erase the existing pain. Imagine wearing a tight pair of shoes to work for weeks and weeks. One day you have a comfortable pair again but aching heels, ankles, calves and back linger on for a long time or until you

have a massage or a chiropractic treatment to put things right. With this in mind it is important to organize a treatment for your pony to release tight, stressed muscles and allow him to work comfortably again. Equus Muscle Management began treating horses commercially back in 2001. Aware that the same problems were arising frequently, we put together a training course in 2004 (EMM Therapy) to teach horse owners an easy to learn, fast, effective method to treat pain in horses. EMM Therapy has now expanded into a Practitioner Certification and we now have many therapists around Australia, United Kingdom and Europe.

All our Practitioners are equally passionate about having pain free horses and know only too well the results of ignoring the symptoms of discomfort. That first pony has much to share with us but he can't speak english. The only way he can communicate is with body language and we owe it to him to learn his language.