

Trainer

John Bowen



International trainer, John Bowen is accredited by British Eventing and British Dressage.

John's key to success is his disciplined adherence to a training system where the correct physical and mental development of the horse is paramount. This approach has led to many riders, trained by John, reaching international level. These include riders who have represented the UK and New Zealand at Grand Prix dressage, and event riders who have won team and individual medals at Championship level in Eventing.

British Three Day Event team rider, Jeanette Brakewell, has been trained by John for the past 10 years and during this time her achievements have included 3 European team Gold Medals, 2 Olympic Team Silver medals and Individual Silver Medal at the World Equestrian Games.

John considers the use of the Health Connection Full Body Massager a valuable addition to the correct management of an athletic horse.

Health Connection



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Full Body Massager User Guide

Massage Points Of The Horse



For a full body massage always start at the front of the horse holding the massager lightly against the lower neck. As your horse becomes used to this, move the massager from the lower neck towards the head, following the line of the muscles in the neck.

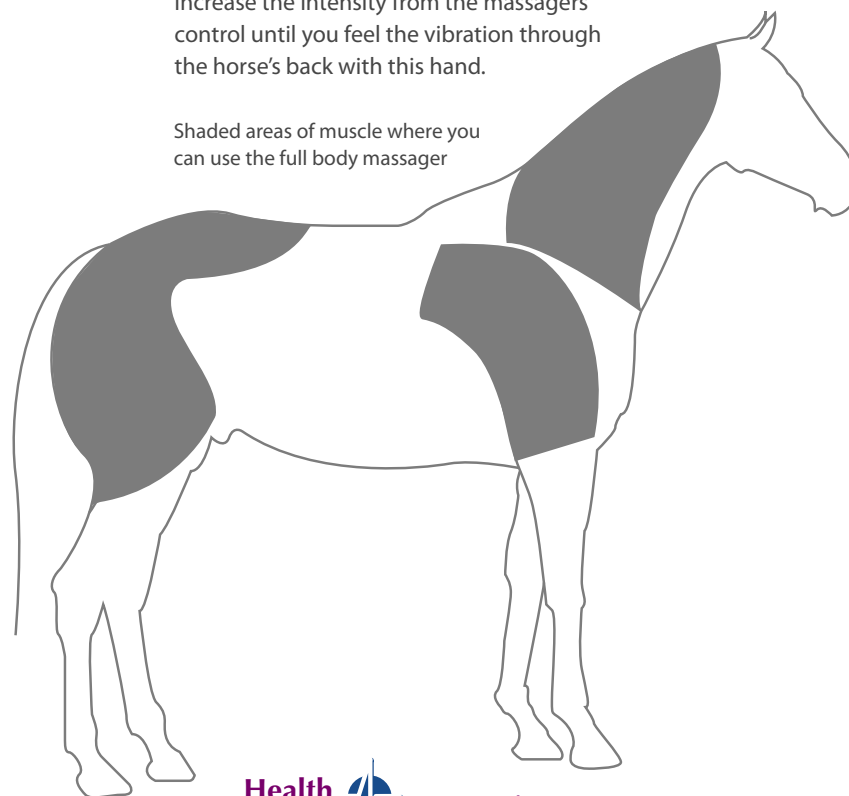


Progress from the neck to the shoulders of the horse, making sure you avoid both the point of the shoulder & the shoulder blade. For a deeper massage increase the intensity (See instruction leaflet) and hold the massager in one place. Do not continue this for long, (3-4 minutes in any one area) but vary between high and low intensity settings.



When using the massager on the horse's back care must be taken to avoid the spine & the rib cage. Use only over the loins & just behind the shoulder where the muscle is dense enough to absorb the oscillation of the heads. When using on the loins, place your free hand on the saddle area and increase the intensity from the massagers control until you feel the vibration through the horse's back with this hand.

Shaded areas of muscle where you can use the full body massager



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Proceeding to the quarters of the horse, the massager may be used over this whole area taking care to avoid the point of the hip, and the stifle. Due to the density of the muscle here, Increased intensity may be necessary. Quite often you will find the horse leaning into the massager to increase the depth of the massage. At this point you will know the horse is enjoying the experience. Use over the hind quarters either side of the tail, which will also benefit the hamstring area. Follow this line only as far as the density of muscle allows, remembering that the vibrations radiate through the tissue beyond the radius of the massager.



Do not use the Health Connection Full Body Massager on limbs of the horse where there is no depth of muscle to protect bone, tendons or ligaments. Care should be taken in accordance to the horse's temperament.