

# **Equine Bowen Therapy**

## **After Care Advice**

- It is advisable that the horse is allowed to walk out for at least 20 minutes on the day of the treatment, or to be turned out in a paddock. If at all possible, do not keep the horse in a confined space where he cannot freely move about.
- Make sure that the horse has access to plenty of fresh water, as he may drink more than usual on the day of treatment.
- No excessive direct heat or cold applications for one week.
- Depending on the individual horse's work routine, no strenuous exercise for 2-4 days. After the first treatment avoid lunging, tight circles or jumping. Riders are encouraged to 'listen' to their horses and assess the individual horse's reaction and comfort.
- Work the horse long and low in straight lines for a few days. He may be feeling a little stiff following lactic acid release from the muscles.
- In order not to disturb the body's fine energy balance, avoid grooming, patting or stroking the horse after the treatment.
- It is advisable not to have the horse shod, teeth rasped, or administer worming drugs or routine vaccination (ie., tetanus or equine 'flu) two days either side of the treatment. The least interference to the horse, the greater opportunity the body has for positive changes to occur.
- Following an Equine Bowen Therapy treatment, some horses may show symptoms such as discharge from the nose or eyes, or have darker/stronger urine or droppings, this may indicate a toxin release. The reactions are a positive sign that the healing process is working. Please consult your veterinary surgeon or EBT practitioner if you are concerned.
- In order that the horse gains maximum benefit from the treatment, the EBT practitioner may offer recommendations regarding saddle fit, shoeing or rider balance where appropriate.

Following a treatment, many horse owners and riders report that their horses feel freer, more balanced and relaxed in their back and shoulder. You may notice more elevation in the stride and more power in the paces. Horses with sluggish lymphatic systems will feel the benefit of an Equine Bowen Therapy treatment. As with all athletes, prevention is easier than cure.