



The Equine Touch

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Hi Everyone,

Well, mornings and evenings are still "fresh" but we have enjoyed some beautiful warm, sunny spring days here in Victoria. It's that time of year when whenever you visit your horses you end up looking as fluffy/hairy as they do as they are shedding their winter coats. It is also the time to be wary of their response to the flush of spring growth so as to protect those prone to laminitis from this painful condition.

This issue features some lovely stories from our New Zealand instructors.

Keep in touch, Janis, Ed

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ANZET NEWS

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Eilion's Re-hab program - heading for a happy ending?

I was asked to work on Eilion who had a sore back. He was out on loan and the person he was loaned to suspected he had a sacro-iliac problem. Eilion had had the winter off, and had come back into work for an unknown length of time, then turned out again in September 2014 as was "dropping his hip" and was just sitting in a paddock down the road from the person loaning him. The owner wanted him checked out as she was worried about him.



Denyse Cambie with Eilion

I met a curious, sweet boy, with fine legs and head, and somewhat overweight. His feet were in need of a trim (not badly but definitely not done 2 weeks ago as the owner had been told). He stood over himself, had a bad scar on his off hind where the front tendon had been injured, maybe badly as he walked with a small flick as if he had to learn a new technique to lift the front of his hoof. His shoulder and neck showed that he pulled himself along rather than pushing from behind, and he had a slightly odd double action with his off side elbow when walking. After branding it was clear he was willing to work with me, although a bit unsure about handling his off hind. Testing had also showed his hyoid needed balancing. His back reflexes and mobility were extremely good for a horse "with a sore back", in fact I could get a back lift for 30 seconds on each side without any flinching or moving away.

The only sign of an issue was a flinch near the kidneys. However his front end gave a different story, he was tense and braced through his neck, unhappy in the poll and front of ears (side of ears was ok though) and tight through his shoulders, with only one fingers width through his wing of atlas - unsure if this was conformation or a result of his neck posture or a bit of both.

I often find I need to do the hyoid a second time depending how long it has been out of balance, so I worked on his front end first to loosen up the TMJ, neck, pecs and shoulders before doing the tongue and hyoid. I got a little from the hyoid but not enough, so I repeated that later in the session. It was almost balanced after the second try (during the next few days it sorted itself as he processed everything, and when I next saw him it was back in balance). His shoulders were very tight, so I was surprised to find that when he finally let me into the sub-scapularis he was very soft and fluid. Initially he was still wary about me picking up the off side hind, but after doing a tail rotation he started to really relax and let me work with elevated hind end moves without any problem. Apart from the wariness I didn't find a lot to worry about behind.

I left feeling confused about what he was showing compared to what I had been told, and although I don't always believe the owner's assessment, there is usually a compensating problem that they have picked up, but there was only a small niggle in the off hind rather than a back problem. I was wondering if I had missed something so I asked his owner if I could bring him to my place for the next weekend as Ivana was going to be there for a L3 course.

Eilion was a perfect gentleman to load and travel. The first thing I did after he had some time to check out his new surroundings was to trim his feet. He was still a little unhappy on the off hind but ok. More ET after trimming and while he was still defensive in his poll and tight through neck, there were no issues showing behind. But his hyoid imbalance was gone. I removed a smallish willy bean. His owner had been worried that his willy wouldn't have been checked - YAY a non ET owner who knew what willy beans were !

We used Eilion as our demonstration horse for 2 days of the course and found much the same as in the 2 previous sessions and Ivana confirmed my findings. Although Eilion definitely was a bit weak behind I suspect his "dropping his hip" was more to do with a heavy rider slumping in his heavy western saddle while Eilion was trying to keep his head in an exaggerated high and tense position. His owner wasn't in the position to keep him herself with limited grazing and another horse, but she wanted the best for him and his future, so I came up with a plan.

Denyse's Plan for Elion's rehab continues—the team gets to work

We would work on him to get him ready for sale to a nice new home where he would be loved and cared for and have a bit of fun. Our plan included regular ET, connected riding ground work and riding without stress and to encourage new habits in his neck carriage and posture, as well as grazing him on a hill so he had to develop a stronger hind end. I didn't have time to do this myself so I asked his owner if she could come twice a week and I would teach her the sort of groundwork we needed to do. A very good friend would ride him three times a week, and I would do the ET and trimming and his daily care. He wasn't going back!!! His owner didn't have a liking for groundwork and preferred lots of cuddles, so we decided to try some lunging instead to work on his transitions. She still preferred cuddles, so I took over the groundwork, and she got him in and groomed him for when Margaret was here to ride him.

We did arena work to start with, lots of relaxing work encouraging his head into a better carriage (but had the problem of one extreme or the other – high or behind the vertical). Elion always tried hard and seemed to enjoy his riding sessions. And he loved his ET sessions. They were regular every week for the first month or so concentrating on his neck area and then I started lengthening the times between. I felt a bit mean as my boys always have a weekly session and their backs done every time they are ridden (and as often as not when not ridden too) but his neck was improving, and I didn't want him getting used to ET all the time and then having it taken away when he was sold.



The dentist found him very unlevel on one side. He was supposed to have had his teeth done regularly, but that looks about as likely as his feet being trimmed 2 weeks before I saw him. After

the dentist he was much happier in his contact.

As time progressed Elion became more confident in his new surroundings, and his new “team”, loves his dinner even though it is only a few handfuls of fibre-ezy and a sliced carrot, loves to roll, and loves his cuddles. He has been fine when I have taken my boys out on a hack and left him on his own, and then as we progressed with his riding he came out on hacks with them, and down to the beach as well.

I set up 3 small jumps (45 cm) in the arena to see what he thought – well he thought that was a cool game! He was a bit rusty on striding but on the lunge he consistently aimed for the centre of every one and had a lovely rhythmic pace between them, so it was time to see what he could do with real jumps. Easy!!! The first session we took it slowly, but it wasn't long before he was happily jumping 80 cm jumps and now around 1.05m. He has looked at a few but never had any thoughts about not going over. What a cool dude!

So now we have a classy horse who has a big fan club. He moves really well, uses his hindquarters rather than his shoulders to propel himself, no longer has any sign of the leg flick (that we assumed came from the tendon wound) or the double action in his elbow? He is vastly improved through his neck and poll, and now has 2 fingers in the wing of atlas. He will probably always need some bodywork to keep his neck in shape, but he is in a lot better shape than a lot of horses thanks to ET as well as sorting his teeth, feet and exercise programme.



Elion has been sold to a lovely new home in the Bay of Islands. His new owner is a quiet rider with good hands and has regular lessons and wants to learn. She will do some low level dressage and showhunter with him, and he will have the company of her semi retired older horse on their beautiful property. We will take him half way as we don't want him going on the transporter and over-nighting in a strange place with strange people, and there will no doubt be happy tears as we say goodbye to him.

Denyse Cambie (ET Instructor)

Good luck, Elion! All the best in your new life! From Janis, Ed.

Equine Touch helping rescued Standardbred horses in memory of Jock Ruddock on July 25, 2015 International Equine Touch Day

By Amanda Bowes

After reading about Jackie Laws' standardbred rescue work in *The News*, Janice Clyma, from Hamner Springs, offered to treat the horses to a day of Equine Touch

therapy.

Eight Students and practitioners travelled with Janice to the Woodend stables to work on a variety of horses. Equine Touch uses touch and vibration to help muscles heal that are tight or damaged and works on the entire animal.

The day was also held as a memorial for the late Jock Ruddock, ex-Kiwi wrestler turned Equine Therapist. Jock got into body therapy when wrestling as he looked for different techniques to address the strains and sprains encountered when wrestling.

Originally the technique was only taught to vets and when Jock met his future wife, Ivana, who was training to be a vet, he became fascinated by the way the therapy worked. He not only utilized it in his sport but became the guru for treating horses around New Zealand.

The very simple but effective treatment involves stretching the skin back to the edge of the muscle or affected area and challenging it. Gentle pressure sets up a vibration that "rearranges" the cells and releases tension. Working over the whole body, Equine Touch can have a hypnotic effect and allows the horse to experience a deep relaxation which not only benefits body but also mind.

Jackie Law presented the group with a variety of horses and was interested to see how one particular animal who she describes as ADHD as it can never settle, surprised when he not only tolerated it but responded in a very positive way.



Equine Touch is taught the same way all around the world and reached New Zealand in 2004.

Janice Clyma has been involved with Equine Touch for about nine years and got into it though her cranio-sacral therapy.

"Equine Touch is a very powerful therapy. The vibration technique creates energy and the horse just totally relaxes", she says.

Among her group working on Jackie's horses were two students, one from Germany and one from Japan, while others travelled from Oxford, Sheffield and Eyreton. Acupuncturist, Jeff silver, who has a busy practice treating people in Christchurch and moonlights as an equine therapist and hoof-trimmer, took time out to share his skills with the group.

Janice says the wonderful thing about Equine Touch, is that anyone can learn the skill and make life for their horses better. She holds courses for both Level one and two a couple of times a year.

Roxy's story

By Janis Hobbs

Roxy, a 14 year old TB, just coming off an old injury (suspensory ligament – NS), had been in work for 4 months and was having her first outing in 18 months, a dressage lesson. Roxy at times was exhibiting unbalanced gait in the heavy conditions and the owner/rider had some concerns about repeat injury from the arena surface condition.

As I was at the venue (for other work) the owner took the opportunity to get an Equine Touch session for Roxy following the lesson. Pre-ET session observation revealed some "plaiting" of hind legs in the walk, loading the front end. During branding I observed better ROM on the off-side forelimb and tighter sub-scapularis (near side shoulder tightness). I chose to focus on the front end of the horse, next time addressing any HQ issues which may later emerge. In addition to the BBB I offered some AOC to free up the front end, namely, Serratus, sub-scapularis, throat, hyoid and L2 pectoralis procedures. Roxy relaxed into the work beautifully with soft eyes, lowered head, licking & chewing, yawns and sighs. (I do love an expressive TB for this!) The owner commented "She thinks this is a day spa!" The next day working in the same arena Roxy was "like butter, soft, supple, beautiful!" In preparation for a follow up lesson (the following month) the owner commented "I rode the 'Roxy Rocket' last evening – she was a bit too super-charged on the feed she has been getting this last week. But this morning she was beautiful when I rode her again."

"Having experienced extended rehabilitation stints with both my horses I can see Equine Touch as very complementary to the re-hab process of horses confined in a smaller area and a very controlled exercise regime. Yes, I would recommend it." CF, Victoria

**ANZET NEWS
THE EQUINE TOUCH™
AUSTRALIA & NEW
ZEALAND
NEWSLETTER**

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out about The
Equine Touch in
my area?"
Contact us!

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Need more information?
Check out the **websites**.

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www.vhtworld.com
www.thecaninetouch.com

The Equine Touch™ - Your gift to your horse.

Courses and Events Calendar 2015

Australia

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|--|--------------------------|--|--|
| October 2, 3, 4 | ET Level 1 | Lower Chittering, (Perth area) WA | Janis Hobbs 0409 403 144 equinetouch@hotmail.net.au |
| October 18, 19, 20 | ET Level 1 | Horsham, VIC | Janis Hobbs 0409 403 144 equinetouch@hotmail.net.au |
| November 13, 14, 15, November 14, 15, 16 | ET Level 1 ET Level 2 | Seeking replacement venue in the south eastern Melbourne or Mornington Peninsula area, VIC | Janis Hobbs 0409 403 144 equinetouch@hotmail.net.au |
| February 19, 20, 21 February 20, 21, 22 | ET Level 1 ET Level 2 | Creswick, VIC | Janis Hobbs 0409 403 144 equinetouch@hotmail.net.au |
| February 26, 27, 28 February 27, 28, 29 | ET Level 1 ET Level 2 | Cluan, TAS | Janis Hobbs 0409 403 144 equinetouch@hotmail.net.au |
| June 3, 4, 5 | ET Level 1 | Mooralla, VIC | Janis Hobbs 0409 403 144 equinetouch@hotmail.net.au |
| TBA in response to enquiry any time through the year. <i>On-site camping available.</i> | ET Level 1 & Level 2 | Charlton, VIC | Janis Hobbs 0409 403 144 equinetouch@hotmail.net.au |

New Zealand

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|----------------|------------|---------------------------------|--|
| Late September | ET Level 1 | Hamner Springs, South Island | Janice Clyma 0274 347 090 janice.clyma@xtra.co.nz |
|----------------|------------|---------------------------------|--|

Level 4 ET at Tauranga, NZ September, 2015



Ivana, Henrike Seifert, Jackie McAra, Sue Court, Gail Sharpe, Elisha Olds

Keep a look out for the next issue
December, 2015
UNLESS... lots of you send in in-
teresting stories in which case I will
put a newsletter together earlier.
Janis, Ed 😊

