



The Equine Touch

Editor:  
Janis Hobbs  
equinetouch@hotmail.net.au

Hi Everyone,

Bushfires & flooding continue to impact many areas in Australia with accompanying sustained high levels of stress associated with the events themselves as well as the aftermath. Displacement, disruption of life and routine is something both horses and humans have had to deal with or are currently experiencing. Once the immediate urgent requirements for medical aid, food and shelter have been met sometimes one of the remaining major stressors is the feeling of not being able to do something to improve the situation further.

Here is where, as an Equine Touch student, you can do something for your horses and yourselves! Give an Equine Touch body balance to your horse! As you will remember from your Level 1 course, performing an ET balance can ease muscle tension, and reduce pain levels and so help the horse towards overall relaxation, the state wherein self-healing can begin. The focus required of you performing Equine Touch means that you are present in the moment with your horse. A wee respite from focusing on all the other current problems, a time to connect with your breathing, with yourself and with your horse.

Take care of yourselves and your horses and ...

Keep in touch.

Janis, Ed

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# ANZET NEWS

The Equine Touch™— Australia and New Zealand Newsletter

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## Roxy's transformation –

As you can see from the photograph, Roxy is the proud momma of beautiful, 3 month old Tilly. This photograph was taken the week after I put her atlas joint back in and as you can see, she looks very happy and relaxed – a far different little horse from when I first saw her a few months ago!!

Her owner, Audrey had bought her as a brood mare (she had already had 6 foals) Apparently people have tried to break her in three times but she has always thrown the riders off. When Audrey first contacted me, she told me that Roxy was very nervous, in foal and didn't like people – "Oh .. and she hates being touched."

The other thing she hates is actually being caught. So Audrey had to leave a halter on her and usually a rope hanging off it as Roxy needed to be caught without too much stress. I observed her moving in the paddock before Audrey caught her and noticed her hindquarters were very stiff and her back was very flat with limited flexion through the sacroiliac area. Also, she twisted her head to one side even when eating.

The first session was very interesting! Roxy was very wary any where near her head or her hind end, so I started with a few light moves around her withers and slowly worked my way backwards, giving her plenty of time to relax in between moves. After just a few minutes we got lots of licking and chewing and her head started dropping down. Eventually she allowed me to work on her hindquarters and she started really relaxing. Audrey couldn't believe that Roxy relaxed so quickly and allowed me to do pretty much a complete body balance (although in a slightly different order).

In the second session a couple of weeks later I found that Roxy's atlas joint was out, with a bigger gap between the mandible and wing of the atlas joint on her right side. With Roxy being in foal, I decided that I didn't want to risk a chiropractic procedure until after the foal was born but in the meantime she had two more Equine Touch sessions and Audrey did lots of carrot stretching exercises to supple up the muscles in the neck.

Six weeks after she gave birth to Tilly and she had returned to her normal grazing paddock, I went out to do another session with her. Audrey was laughing because Roxy was nickering when my car was coming up the road. I did a nice, deep basic body balance and some TMJ and neck procedures, then popped the atlas back in.

Roxy yawned, wriggled her tongue around and shook her head a few times. I couldn't believe how calmly she took it! When I went to see her the following week, I found her with no halter and actually came up to be caught – such an amazing difference in her demeanour. The atlas was nice and even and Roxy was laid back and enjoying her cheeky foal.

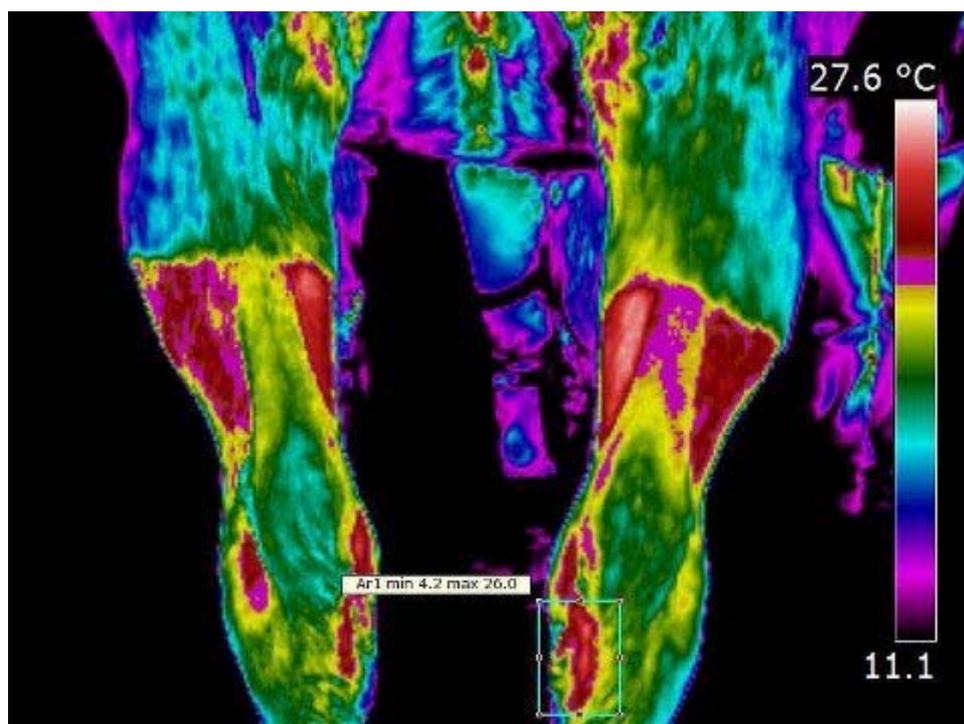
By Karen Burrows, Instructor

FROM "she hates being touched" TO nickering a welcome at the Equine Touch practitioner's car approaching!



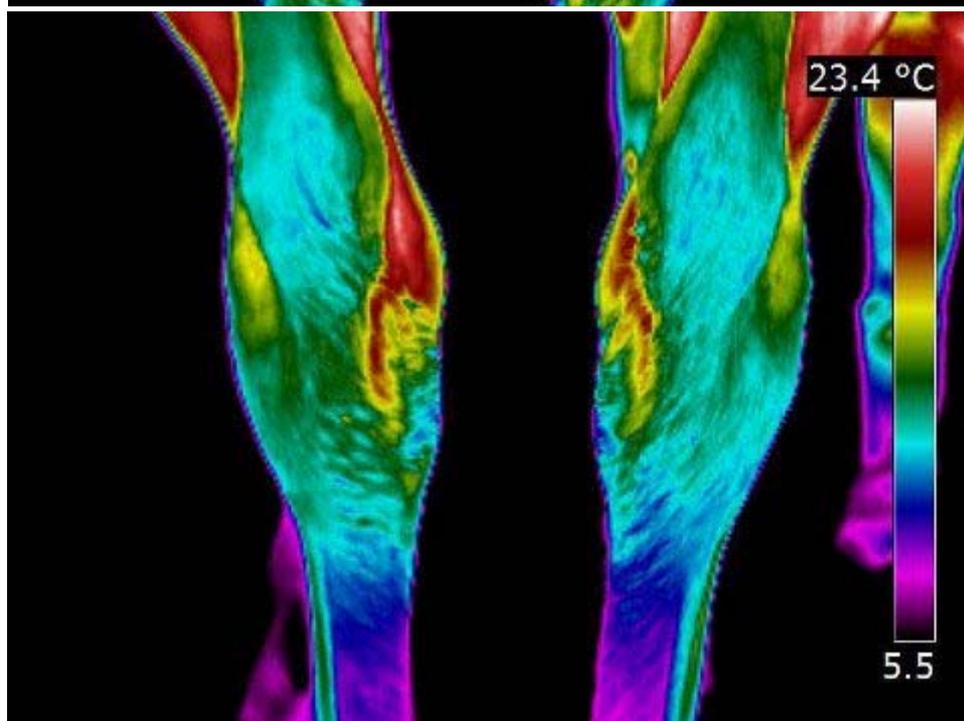
## Thermal Imaging pre- & post- Equine Touch session

Wow! If you are on Facebook and have checked out the group which originated in the UK called Equine Addicts you would have been treated to an interesting item recently! In the UK they have “regional co-ordinators” who co-ordinate activities for students & practitioners in that area, such as ET practice days, social gatherings etc. Recently Moira Richardson organized a day which included a session/demonstration by a thermal imaging practitioner. Images were taken pre- and post- ET!  
Take a look for yourself here at the pictures below and by all means go and check out the group. Later on I believe there will be an article in the UK & Ireland IETA magazine where we may be able to get more information. If you have ever wondered if ET has a definite effect on the horse's body.....



***“What a fab and exciting day we had at the Notts/ Lincs get together today. A great turnout and really interesting thermal imaging session. We imaged a horse before and after a BBB and the difference was astounding. I will write something up for the ET magazine and also for Equestrian Life. The lady who carried out the imaging was truly impressed at the effect ET had!!”***

***Moira Richardson on Facebook, Equine Touch Addicts page***



**Your Say:**

A place for ET Students & Practitioners,  
or owners to share their ET stories.

Email YOUR story to [equinetouch@hotmail.net.au](mailto:equinetouch@hotmail.net.au)

Louisa Abaret & Tara Niclason both attended Level I ET at Campania (near Hobart, TAS) in November last year.

Louisa writes:

"Jessica, my daughter is a beginner rider, riding for the last 12 months. I worked on Tara's little pony that she lent my daughter. His name is Doogan and he's nearly 20 years old.

Doogan had been bucking, and when I had palpated his back he dipped! I did two ET sessions on him and he was very relaxed both sessions. The second session he didn't dip as much when I was putting in the blockers and he peed straight away after the session!

Jessica rode him a few days later, with no bucks! He also went on to the cattleman's, which is a huge event in Tassie, and got 3rd in the stock horse race!! I haven't got any photos working on him, but here's one of him at the cattleman's!!!

I have also been working on my guys here in between Belinda\* working on them! She could tell that I had been doing ET on them, because their muscles were quite supple!!

I'm looking forward to doing Level 2 in May."

Looking forward to seeing you there, Louisa. Keep up the good work!

\* Belinda Atkinson, Equine Touch Practitioner, Lebrina, Tasmania

Janis, Ed



Doogan (nearly 20 yo) ridden by Rueban (Tara's son) took third place in the stock horse race at the Tasmanian Mountain Cattlemen's Get-together held at Connorvale, near Campbelltown, Tasmania,

## ETers out and about... focus on feet @ Seymour, VIC

What an information-packed couple of days that was! At the "Bowker Lectures", a conference organized by Australian College of Equine Podotherapy 23-24 February, 2013. With the underlying theme relating back to health of the horse's foot we were treated to the studies, research, observations and opinions from a group of speakers who all spoke passionately and knowledgeably: Professor Bob Bowker, Dr Bruce Nock, Dr Ian Bidstrup, Sharon May-Davis, Pauline Moore, Dr Alina Luff.

Attendees at the conference naturally included trimmers and equine podotherapy students but also a smattering of vets as well as nutritionists, body workers, and horse owners just wanting to learn more about how they can take better care of their horses, and a lone brave fellow who put up his hand to acknowledge he was a farrier.

Had a nice surprise and was very heartened when I looked about the room. Lo & behold! There, also enjoying the two day lecture series, were several Equine Touch students pictured at right. To my knowledge three of the ET group are active as barefoot trimmers and passionate about rehabilitation. Also, there was another student of ET, not pictured, who was actually one of the presenters, Alina Luff (vet) from WA! (Sorry if I missed anyone!)

Hearing the different perspectives of the speakers reminded me once again of how important it is to encourage horse owners to develop an holistic view of horse care and a team of horse care professionals to assist them in improving and maintaining their horses' health & wellbeing. As Ivana & Jock Ruddock's article "Anything Affects Everything" (2006?) points out, all the interlocking factors need to be considered so that the best possible outcome for that particular horse can be attained.

"We have to remember that just as hooves affect the body, so the body affects the hooves. If there are problems, for example pain in the muscles (from any origin), the compensation factor will compromise the balance of the hoof." ... "There are many 'Elements of Influence'©: hooves, teeth, saddle, rider, training, nutrition and environment being the 'Equine Big Seven'. Each has an affect on the other, the hooves having an effect on any or all of the other six and any of the other six capable of having a direct or indirect effect on the hooves."

As students and practitioners of the Equine Touch, we are encouraged to seek wider knowledge of the elements of influence on the health and wellbeing of the horse to support the holistic nature of our ET bodywork approach to the horse. The condition of the feet is notably one of the variables which will influence how successful and lasting any Equine Touch soft tissue body work we offer the horse may be. The horse's foot 'under the microscope' at the Bowker Lectures proved to be valuable in furthering the goal of deeper understanding. The next conference is being planned for 2015.



L-R: Local, interstate, & international ETers. Samantha McCormack (L2) and Bec Pejkovic (L1), Janis Hobbs (Ins), Alyssa Brugman (L3) from NSW, Bronwyn Hamilton (L3) from New Zealand, and Amanda Bernaldo (L1) from Mildura, Vic.