

How To Use Your EQUISPORTS™ Massager

Good Posture

Stand with knees bent and feet shoulder width apart. Keep your neck and shoulders relaxed with elbows slightly bent. Hold the massager with two hands and move from the hip.

Starting Point

Introduce the machine to your horse. With the massager off, let your horse sniff it & apply it gently on his back and hinds. Then turn the massager on, watching for feedback from your horse.



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Step 1 - The Back, Croup to Withers



1A - The Croup

Place the massager over the croup, in front of the sacrum. Slowly move the massager back and forth to massage the glutes delicately.

1B - The Back

Gently slide the massager back and forth from the croup to the withers and back several times to loosen these muscles & stimulate circulation.

1C - The Withers

With light pressure, go back and forth three to five times from the back to the front of the withers. Avoid overworking the fibers of this sensitive area.

Step 2 - The Hind Legs

2A - The Hamstring

Smoothly glide to the upper aspect of the hamstring, by the sacrum area. Massage the muscle attachments and slowly glide down along the belly of the hamstring muscle group to the gaskin. Carefully massage up & down this powerful muscle group.



2B - The Quadriceps

Glide the massager by the origin of the quadriceps group of muscle by the head of femus. Gently slide the massager back & forth three times between the head of femus and the stifle.

2C - The Point of Hip

Be careful and very gentle when first placing the massager below the point of hip. Start to massage this area by slowly gliding the massager back and forth between the point of hip and the stifle. Go back and forth three to five times.

2D - The Gaskin

Move the massager up & down two to three times along the gaskin.

Step 3 - The Shoulder & Foreleg



3A - The Shoulder

Start massaging the upper third of the shoulder area with light circular movements. Work gently, adding pressure when over the muscles.

3B - Point of Shoulder

Move onto the point of shoulder where the brachiocephalic muscle of the neck attaches. Go up and down two to three times. Massage this area very lightly.

3C - The Upper Foreleg

Lower the massager over the upper arm to massage the extensor and flexor muscle of the front leg. Gently slide the massager back and forth below the scapula and the knee. Repeat three to five times.

Step 4 - The Lower & Upper Neck

4A - The Lower Neck

Place the massager in front of the middle of the scapula. Move the massager up and down in front of the scapula.



4B - The Upper Neck

Gently move the massager up towards the upper neck to massage the rectus capitis muscle. Some horses might not be comfortable with the massager so close to their head. Do not insist if this is the case. Acceptance will come with time and repetition.