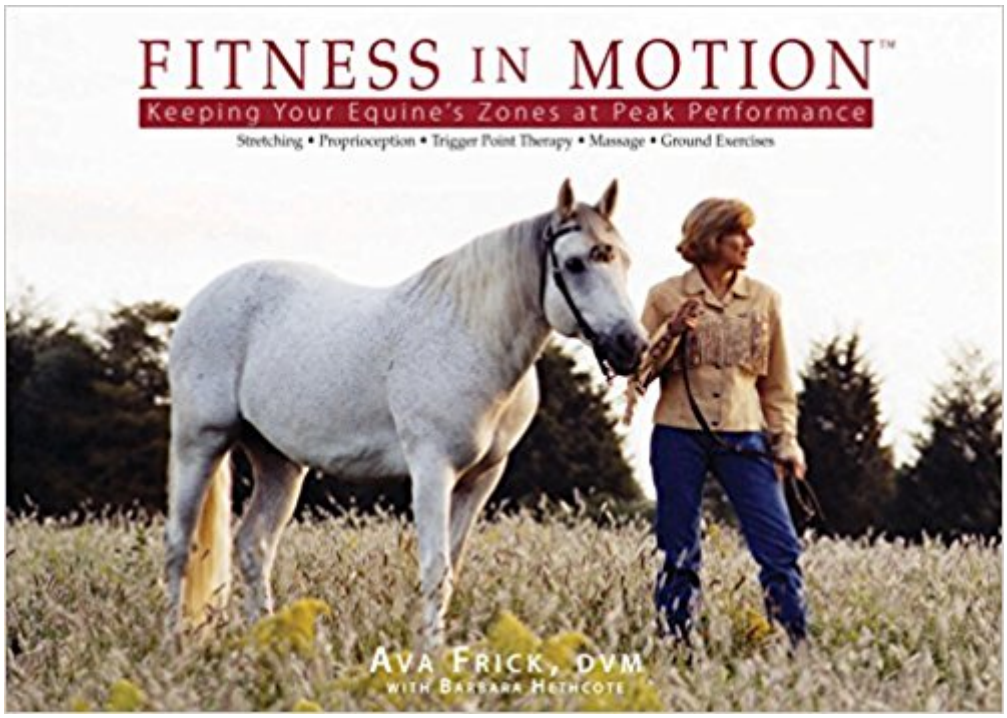
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Fitness In Motion



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Synopsis

Combining stretching exercises and massage therapy, this volume guides readers in understanding the muscle tone and overall health of their equine companions."Fitness in Motion" is divided into four main sections which focus on a specific part of the horse’s anatomy: the head and neck; shoulders and front legs; back and belly; and, hindquarters and hind legs.Each section illustrates specific exercises to prevent and correct injuries and ailments.Using an holistic approach to the health and care of horses, this volume also identifies signs of injury and sickness, and advises when to seek medical help.

Book Information

Hardcover: 208 pages

Publisher: Lyons Press (January 1, 2008)

Language: English

ISBN-10: 1599211254

ISBN-13: 978-1599211251

Product Dimensions: 12.1 x 8.8 x 0.8 inches

Shipping Weight: 2.6 pounds

Average Customer Review: 4.5 out of 5 stars 9 customer reviews

Best Sellers Rank: #731,350 in Books (See Top 100 in Books) #95 inÃ Â Books > Health, Fitness & Dieting > Exercise & Fitness > Stretching #109 inÃ Â Books > Medical Books > Veterinary Medicine > Equine Medicine #600 inÃ Â Books > Crafts, Hobbies & Home > Pets & Animal Care > Horses > Riding

Customer Reviews

Combining stretching exercises and massage therapy, pain management specialistDr. Ava Frick teaches horse owners to understand muscle tone and overall equine health.This guide includes more than thirty exercises to strengthen, stretch, and increase mobility in the horseÃ¢â ¬â„¢s muscles and joints, is illustrated with full-color photographs, and addresses how to provide exercise therapy to correct specific injuries and ailments. A holistic approach to horse care, this book alsoidentifies signs of injury or sickness, advising when to seek medical help.Dr. FrickÃ¢â ¬â„¢s unique, holistic, and complete system will help prevent injuries in the sound horse or help the injured horse come back to wellness and fitness in a safe and pain-free way.

AVA FRICK, DVM, is a licensed, practicing veterinarian specializing in chiropractic and animal

rehabilitation. She is a speaker on the subjects of fitness and pain management for the animal athlete.She lives in Union, Missouri.Barbara Hethcote has an Equi-Lize Certification in equine massage, and has career experience in organizational program management and leadership learning program designs.

Very helpful in understanding the mechanics of equine structure and the muscle systems as well as the wellness/medical issues that equine veterinary and holistic providers have to deal with, and helps owners and professionals try to minimize and manage these situations in the animals' best interest.

Book was recommended by my chiropractor, who also does horses and was acknowledged in the book by the author. Very helpful book, I have referred to it often.

This a great informative book on horses in general. I have been using the exercises on my horse & he is enjoying it & moving much freer. It is a good book for all horsemen.

If you are interested in helping your horse be or stay fit, you need this book. This is a good reference to have.

I am a veterinarian and my practice uses both conventional medicine and acupunctre, body work and herbs and I was so excited to see this book. Many of the techniques in this book are great and very useful. The pictures are wonderful.Now for the bad news. She thanks L. Ron Hubbard for help with her business plan!! I have known so many people who have lost their businesses because of his and copy-cat groups. I almost burned the book when I read that. My husband recommended that I use what I could from it and move on.I would recommend Linda Tellington Jones and TTouch over this because I like the results from the techniques better and no L. Ron getting in the way.

We have three elderly (20+)quarter horses we use for occasional trail riding, and an eight-year old Arab-quarter horse cross whom we also ride trails with on Colorado's front range. I ordered this book at the end of our riding season--it's been snowing, blowing and freezing here, so I haven't had a chance to put many of the exercises to use yet, but I'm impressed with the comprehensiveness of the book. Readers are encouraged to look at the whole horse, the barn situation, the tack and their own conditioning, then told some ways to assess their horse's functioning. Specific exercises name

the targeted muscle and are illustrated with very clear photographs as well as explained in words. A chart summarizing the purpose, frequency and duration, muscles/areas targeted, indications it's effective or should be discontinued are presented for each activity. The book is spiral-bound, so it can be laid flat to make it easier to use with a horse around. Some techniques aremassage, some seem to be drawn from chiropractic or accupressure and there are also ground exercises. Even though it's very comprehensive, I don't think it will be overwhelming if you just learn one or two techniques at a time, starting with what your horse seems to need. This is a great way to hang out at the barn and spend quality time with your horse. I think this will really help to build a stronger, more positive relationship between you.

This is a great book! It combines techniques from many different types of bodywork. These techniques are well presented and easy to use. The biology and anatomy are accurate and described in an organized way. Most importantly, these exercises -work- as they are described. This book will help people with a great range of experience. Because the exercises and safety concerns are presented clearly, this is a book that owners can use, but even as a trained Equine Body Worker the exercises here add to my practice.My first complaint would be that there is so much information on the pages that it is hard to try everything out without a structured learning program to guide you.The other complaint I have is with the binding- the hard cover tore away from the soft inner pages within the first week. I am still using the book and have reccomended it to several clients.

This is a very nice book. I can work with my horse and put the book by the side and not have to weight the pages down with old horseshoes to keep our place. That is a nice feature, but it is also easy to follow the exercises. It has taken a couple of weeks, but my young horse is just beginning to actually enjoy and finally relax during the exercises rather than wonder what in the world I am doing to him now. So far I haven't seen a lot of change, because he came to me at two years of age with some wariness of people. The tension and worry he still holds in some amounts, I am certain, make the exercises considerably less effective. Having met Dr. Frick at the NC Equine Affair, I was impressed with her knowledge and her sincere wish to help all rider/drivers and their equines. I have been anxiously awaiting the ability to purchase this book and have been checking frequently. I think it will be a nice tool in my toolbox of horsemanship techniques and well worth the investment.

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