



A GUIDE TO

The Equine Therapy Centre



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THE EQUINE THERAPY CENTRE, MOULTON COLLEGE

Services Offered

Introduction to Hydrotherapy

A taster session to introduce horses to the hydrotherapy equipment (approx. 10 minutes aqua-treadmill or about five swim lengths)

Swimming

A swimming session tailored to an individual horse's requirements (approx. 20 minutes dependent on horse fitness and number of lengths involved)

Aqua-Treadmill

An aqua-treadmill session tailored to an individual horse's requirements (approx. 20 minutes dependent on fitness level)

Hydrotherapy Spa

A therapeutic saline cold water aerated bath treatment to treat and help prevent lower leg injuries (approx. 20 minutes)

Solarium

A session under the infra-red and ultra-violet lights with warm air diffusers to soothe and dry the horse (approx. 10 minutes)

Ground Schooling

A range of ground schooling techniques are available to complement the horse's therapy needs (session times vary)

Ridden Work

Experienced sympathetic riders are available to complement the horse's therapy needs (session times vary)

Rehab, Exercise and Holiday Livery

Rehab, exercise and holiday livery is available on a flexible basis to include full livery and therapy sessions as required

Individualised Programmes

A tailored hydrotherapy programme is designed by our highly trained hydrotherapist to meet the requirements of each horse. We liaise with the horse's owner, rider and Veterinary Surgeon to ensure the horse receives the best course of therapy to encourage the most effective rehabilitation and training possible.

For further details and to discuss your horse's individual requirements please contact us at:

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Thank you for your interest in the Equine Therapy Centre at Moulton College. This pack contains some information about our Therapy Facilities and the benefits of Hydrotherapy Exercise.

There are many reasons why you may consider Hydrotherapy for your horse. Hydrotherapy aids with rehabilitation from injury, fittening and training, or simply as an additional exercise medium for your established equine athlete. We cater for all levels of horse and rider without exception and different options are available to suit all requirements, including taster sessions, block booking discounts, gift vouchers, pony pamper days, while we also have the ability to provide livery packages as required.

Additionally, you may wish to book a lecture demonstration to complement your own equine business and see how you may benefit from working in collaboration with The Equine Therapy Centre at Moulton College.

Please do not hesitate to contact us to discuss your requirements. We look forward to hearing from you.

Yours faithfully

Dr Jessica York
Equine Hydrotherapist

Equine Therapy Centre



The Equine Therapy Centre at Moulton College is a purpose built facility, based at the Pitsford Centre, housing three modes of hydrotherapy equipment to promote and assist in the rehabilitation and training of horses.

The Therapy Centre is run and maintained by a team of experienced and proficient staff led by the Equine Hydrotherapist who is responsible for the day to day running of the facility and for designing and managing the horses' therapy programmes. These may include either an individual treatment or a combination of treatments with specialised programmes designed to suit each horse's specific needs.

The Equine Hydrotherapist is supported by a team of experienced Technical Assistants. The Therapy Team evaluate and assess each horse upon arrival and are skilled at training and rehabilitating high-end equine athletes across the disciplines. We work with show-jumpers, dressage horses, three-day eventers, race horses, endurance horses, polo ponies, western horses and games ponies.

The Equine Therapy Centre also offers a professional service in equine rehabilitation, specialising in post-surgical, after injury and return to training care.

Adjacent to the facility are quality stables with rubber matting providing temporary residence for horses receiving treatment at the Centre, if required.

Hydrotherapy

Hydrotherapy and aquatherapy are generally

interchangeable terms used for some type of physiotherapy exercise through water. There are many benefits of working a horse through water including relieving stress on the joints as there is a lesser impact. At the same time, water provides greater resistance, since the density of water is some twelve times greater than that of air. This combination makes hydrotherapy an excellent way to recondition a horse after an injury or surgery, or to improve strength and condition generally – just as it is for human athletes.

The Three Modes of Hydrotherapy at the Equine Therapy Centre

Aqua-Treadmill



The aqua-treadmill is an exercise medium with some therapeutic elements, especially in the recovery or post-acute phase of an injury. It assists in the strengthening and conditioning of the muscles and the heart and lungs, while reducing the stress on the tendons and ligaments. It gives a controlled, supervised low impact workout for rehabilitation and training. Aqua walk and trot training increases cardiovascular activity, stride length, range of motion, symmetry and straightness, muscle tone and strength. Any horse that can walk overground will benefit from walking on an aqua-treadmill.

A programme can be tailored to suit the needs of each individual horse dependent upon the horse's starting point. Post-surgery horses may start with a ten minute walk only, whereas competition horses can quickly build to a dynamic programme of walk and trot.

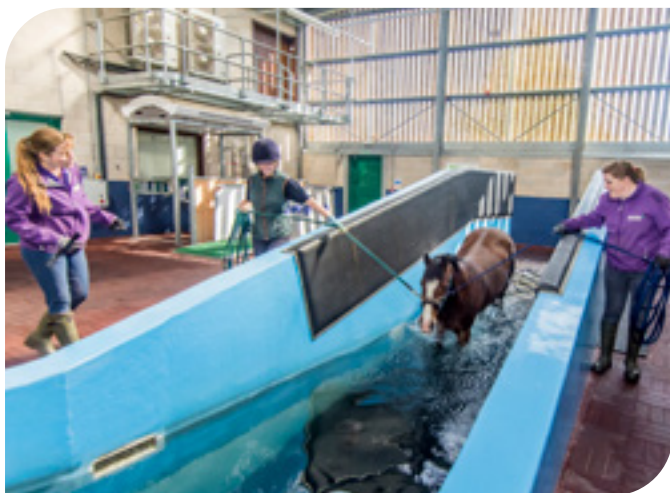
It is also possible to use a variety of training aids within the aqua-treadmill to ensure horses get

the maximum benefit from their session based on their individual requirements. Likewise, it is possible to vary the depth of the water depending on the training goal and the capability level of the horse.

The aqua-treadmill machine itself was designed and built in Germany. It is made of specially constructed galvanised steel that will bear the exposure to water treatment solutions for filtration and to keep the water very clean. The unit itself measures 2m high by 4.2m long and 2.2m wide. The inside working area is reduced to 1m wide with a 3.5m long treadmill belt to ensure a suitable working environment. The unit weighs a total of 1,285kg.

Swimming Lane

The Equine Therapy Centre houses a state-of-the-art BHA approved indoor swimming lane which measures 30m long, 3.25m wide with a maximum depth of 2.7m. It has ramps that graduate down into the water at both ends so that the horse can be gently entered into the pool while being led on two long reins either side. The pool also contains a variable force jet stream system that enables the horse to be swum against a constant force of water if required.



The biggest difference between the aqua-treadmill and swimming is that swimming is much more of a cardio-vascular fittening exercise medium.

As previously mentioned, any horse that is capable of walk work overground will benefit from walking in the aqua-treadmill, however horses need to be reasonably fit to get the maximum benefit from swimming. Horses seem to benefit

most from swimming when they have been doing regular canter or gallop work, but would like to reduce concussion on the joints and limbs but maintain and improve their cardiovascular fitness levels.

Swimming horses has many benefits as it challenges the musculoskeletal system without concussive forces, improves fitness, stamina and muscle tone, builds muscle without putting pressure on the joints, improves flexibility, balance and circulation and is used as variation in training to freshen up stale horses.

Horses that exhibit an asymmetry overground very often exhibit the same asymmetry when swimming. The horse may therefore benefit from a course of treatment on the aqua-treadmill prior to swimming.

Cold Water Spa



There is no exercise element to cold water spa therapy, so all horses can benefit. The cold water spa involves the horse standing still in a large bath of chilled saline water (about 4° Celsius) with water jets. A very cold jacuzzi.

Cold water saline therapy has been shown to strengthen tissues, stimulate circulation, reduce inflammation, swelling and pain, and reduce general stiffness and soreness. Cold water therapy has also been evidenced to repair and promote healing in damaged tendons.

The spa can be useful at treating a whole range of lower limb issues including tendon, ligament, concussive and foot injuries, along with post-competition stresses and strains. It has also been shown to be preventative as well as curative if used regularly.

Other Services

Ground Work and Ridden Work



To complement the hydrotherapy a range of ground schooling techniques and equipment are also available to suit the individual needs of both the horse and rider. All ground work or ridden work is carried out by experienced, professional staff and may be particularly useful for horses that are staying on a weekly in-patient programme. Each horse and rider or owner combination is treated as an individual and the programme is designed around the needs and requirements of the rider and horse.

Our staff can provide any of the following:

- Lungeing, long reining or ground schooling, on the flat and/or over elevated pole work, in straight lines and circles.
- Ridden work to include flat schooling and jumping.
- Light hacking.

Rehab and Holiday Livery



We offer a quality and professional full livery service so that your horse can stay with us for as long as is required. You can be confident that your horse is being cared for by a team of experienced and professional staff and is receiving the highest quality care.

Information for Owners

Please do not hesitate to contact us to talk about your horse's specific requirements as we do our best to accommodate all horses and conditions.

Your horse will be handled and looked after by experienced and professional staff at all times.

Here are some of our most frequently asked questions...

Frequently Asked Questions

What do I need to bring to my appointment?

A signed disclaimer (although we can have this ready for you to sign in the office when you arrive). Any tack and equipment you wish for your horse to wear. Any rugs and boots or bandages you want your horse to wear afterwards.

What should my horse wear for the aqua-treadmill?

We generally load all horses with a headcollar and long lead rope, but we may require a bridle for a little more control. Once your horse is accustomed to aqua-treadmill exercise then he can wear a roller, bridle and side reins or bungee as required.

How often can my horse swim or use the treadmill?

As much or as little as it fits into your budget, time frame and end goal is the quick answer. Horses that stay with us often do two therapy sessions a day. As with any exercise, the more you do it the quicker you see results.

My horse can be a sticky loader – will he go on the aqua-treadmill?

With the taster sessions we take as much time as is needed to load your horse with no pressure in order for him to have a positive experience.

Do I need to give my horse a day of rest after hydrotherapy exercise?

No! It is only exercise like any other. It is not like receiving a manipulation session. We recommend you ride or exercise your horse again quite soon to see the benefits that one session has made.

Will my horse be able to swim?

Unfortunately not all horses are good swimmers, but this is impossible to know until the horse actually gets in the water. Most horses load well into the pool and most learn to swim very quickly. We can encourage your horse to swim and most learn well within a few lengths, but it's not for every horse.



My horse has kissing spines, can he come swimming?

Generally, horses with any back issues are discouraged from swimming, particularly kissing spines, as having to be hollow during swimming can exacerbate back issues. Most likely we would recommend aqua treadmill exercise as an alternative.

Can my horse stay with you?

Yes. We offer full therapy livery for as long or as short a stay as is required. Therapy livery must be booked in advance as we have a limited number of spaces available at any one time.



Information for Veterinary Surgeons

We always contact the veterinary practice overseeing the care of any horse visiting the Hydrotherapy Centre to ensure that there are no concerns about the horse utilising our facilities. However, veterinary referral is NOT required.

Of course, many rehabilitative cases are more complex so we welcome as much information as possible and like to work closely with the

overseeing Vet to establish a professional working relationship to ensure correct progress is being made.

Information for Allied Professionals

We work closely with many allied professionals including equine physiotherapists, chiropractors and osteopaths. We welcome referrals from all areas and are happy to work closely with both the owner and their horse's current therapist.