

# INTRODUCTION TO THE TUNING FORK

## Using a Tuning Fork on your horse



A tuning fork is a very useful tool to have in your grooming or medical kit. Used correctly, it is not only relaxing for your horse, it can assist with treatment and rehabilitation by increasing circulation, reducing swelling and stimulating muscles.

A tuning fork works by providing a localised vibration, which can be directed to a specific part of the body or used on large muscle groups for a general vibration style massage, stimulating circulation and muscle fibres.

Simply tap the weighted end on your hand or shoe while holding the stem, near the rubber foot. You will feel the fork vibrate. While holding the tuning fork in one hand (do not hold or touch the weighted tongs as this will stop the vibration), place your other hand on the horse near the treatment area, as a reference. Gently place the rubber foot of the tuning fork on the area you wish to stimulate with vibration. You will feel not only the vibration in your hand holding the tuning fork, but also the vibration through the muscles/tendons/joint in your other "reference" hand.

When the vibration tapers off, repeat the process.

You can move all over the horse. Experiment a little, watching closely for your horses response. See if you can locate any areas your horse really enjoys the tuning fork, or areas of tension. With practice, you will feel the difference in the tension of the muscles and the tone of the vibration through your "reference" hand. Healthy muscles and joints maintain a nice even tone of vibration, whereas damaged or tense muscles and joints have a different feel, sometimes described as "muddy" or "dampened".

Try using on your horses hoof and feel how the vibration travels through the entire foot. This can be used as a great treatment for foot soreness and ailments such as stone bruise, laminitis or abscesses. You can also use on your horses face, being careful of course to watch for signs of discomfort. Using on the cheek bones and nasal bones can help relieve congestion, but be wary of the snot fest!

Because the tuning fork is a manual tool, you can't "set and forget". Your horse is able to let you know if an area is too sore or sensitive, or the horse has had enough for that day.

There are many types of tuning forks available online. We recommend one that is weighted, with a rubber foot ideally for easy of use and comfort.

For most Equine purposes, a 128Hz is the most suitable, however smaller/lighter versions can also be purchased which produce less vibration. Smaller sizes can be useful for more sensitive areas, smaller horses, or more targeted treatment. We recommend the Spirit Medical Tuning Fork - 128Hz (weighted with foot) from [enurse.com.au](http://enurse.com.au) which retails online for approximately \$39.99. This specific model, shown below, is 22cm long, which fits quite well into most grooming bags/boxes/medical kits.



**One of the best things about using a Tuning Fork as opposed to an expensive machine, is that it is almost impossible to over-dose your horse. As it is a manual process, you are much more likely to get tired of tapping the fork to generate vibration before the horse has had too much!**

## WHY USE A TUNING FORK

Using a tuning fork can help with pain modulation in dysfunctional areas and penetrates into the deeper tissues, not just the fascia

## OTHER BENEFITS

Tuning Forks create vibration. This vibration is generally relaxing and soothing for the horse. It is uncomplicated, easy to do and inexpensive.

Using a tuning fork provides a light massage, with gentle vibrations which penetrate deeply helping to release tension in the fascia,

