

PEMF AND OTHER ALTERNATIVE AND COMPLEMENTARY THERAPIES

Using other therapies in conjunction with Equine Biomechanics and your Vet.



PEMF

PEMF, or **Pulse Electromagnetic Field Therapy**, is a non invasive treatment in which restores health to the body at a cellular level.

A controlled electromagnetic field is applied to the body's cells, by using an electromagnetic pulse which permeates the the cell membrane, helping to release waste, toxins and inflammation, while allowing oxygen and nutrients to be absorbed.

A healthy cell membrane has both positive and negative charges. These charges are required for the exchange of potassium, sodium and calcium ions. If a cell becomes distressed from injury, disease, fatigue, trauma or toxins, they lose their ability to perform this function efficiently. Using PEMF has been shown to help restore the positive and negative charges in the cell, which enables the cell to return to its optimal functionality.

PEMF has been sucessfully used in Europe for over 50 years, for both human and animal treatments, being heavily researched in the early Soviet Space Program. PEMF is currently being used widley in European and US Racing and Performance Horse Industries and by NASA.

In horses, PEMF is currently being used for performance, recovery and rehabilitation. It helps to promote soft tissue healing, optimises cell function and enhances the body's natural ability to heal itself.

PEMF works in conjunction with the body's own recovery process to relieve pain by restoring efficient function to the cells. Regular use of PEMF can lead to less pain, reduced swelling, tissue reguvenation and cell stimulation.

ALTERNATIVE THERAPIES

Alternative Therapies have become more and more popular, and there are definitely some therapies that compliment Equine Osteopathy and Body Work. These theapies can assit with muscle health and texture, and the horses general feeling of wellbeing.

QUALIFICATIONS

Please ensure you do your research before engaging **ANY** practitioner to treat your horse.

It is important that you take into account the suitability of any therapy for your horse. No horse is the same, and it is important the the practioner you choose is not only qualified, but also experienced enough to read the response signs in your horse when performing any treatment. If in doubt if a treatment is suitable for your horse, please consult your vet.

MASSAGE

Similar to humans, massage on horses is a practice used for both day to day maintenance and post-trauma rehabilitation. A fast growing field within the Equine Industry, massage has quickly become a popular option for owners who want to maintain the overall health of their horses.

Equine massage is the skill of providing soothing, stimulating or remedial massage to horses. As with humans, each horse is individual and will require their own specific strenght and type of massage. As also with humans, it's important that your therapist be skilled and qualified. A bad massage can cause more damage than good. Your therpaist should be qualified in Equine Massage Therapy or Equine Myofunctional Therapy, be familiar with the biomechanics of horses, and be knowledgable with reading a horses response to treatment.

Not all massage therapists are the same, it's important to find one that works well with your horse and that your horse relaxes with.

ACCUPUNCTURE

Equine accupuncture typically involves the insertion of fine needles through the skin at particular points to cause theraputic effects. It is now being quite widely used in conjunction with conventional veterinary medicine to treat various equine medical conditions and to help relieve pain.

Used for more than 3000 years on both humans and animals, the ancient Chinese discovered and described hundreds of accupuncture points (accupoints) in humans and animals. Horses were among the first animals treated due to their importance in warfare and farming.

Modern research shows that these accupoints are located in areas with a high density of nerve endings, mast cells, small arterioles and lymphatic vessels. Stimulation at these points can induce the release of beta-endorphins, seratonin and other neurotransmitters, that in turn, can produce local, remote and/or systemic effects. The use of accupuncture for pain relief is well supported by modern research studies.

When performed by a qualified and skilled practitioner, Equine Accupunture is a safe and beneficial proceedure.

