

# MONTHLY NEWSLETTER

## IN THIS ISSUE

---

WELCOME

---

PHYSIO PHOTOS

---

NEWS AND DEVELOPMENTS

---

CLIENT IN THE SPOTLIGHT

---

## PHYSIO PHOTOS



Bailey and Shadow pictured above. Bailey has physiotherapy for arthritis and Shadow had a session for general well-being and maintenance.



Bonnie and Charlie are two of my regular clients who have physiotherapy to assist them in their later life. Charlie, closest

to the camera, has unfortunately lost both of his eyes. Despite this, he is such a brave and plucky little dog!



## WELCOME

Welcome to the June/July edition of my newsletter! Lots has been going on in the past couple of months which has been great, there are a number of new readers this issue which is excellent. I have been really grateful recently for an influx of new business and I am thoroughly enjoying treating a range of horses and dogs.

I was at the Heathfield Show on Saturday 28<sup>th</sup> May which was a great experience for myself and for my business. My stall was set out and I managed to attract a number of new clients as well as members of the public who were genuinely interested in how physiotherapy might benefit their animal!

Please feel free to share this newsletter with anyone you feel may benefit!

*Jordan*

## WHAT'S NEW?

My stand set out at the Heathfield Show! I am also hoping to exhibit at this years' South of England Show in September.



Above: Jess receiving laser to the thoracolumbar spine. The laser works by stimulating a protein in the tissues called cytochrome c oxidase, this increases functionality of the cells, providing healing and pain relief. Below: a visual representation of the areas physiotherapy is targeted to.



## CLIENT IN THE SPOTLIGHT



### HISTORY

Jess is an 18 year old mare out of Jumbo, ridden by Lucy. Jess is currently competing successfully at British Dressage Elementary level, with training aimed at Medium level. Jess has no diagnosed issues and therefore physiotherapy is aimed at maintaining her high performance as she progresses into her older years. Upon initial assessment it was found that Jess had some tension and hypertonicity in her poll and neck (specifically *m. rectus capitis dorsalis major*, *m. trapezius* & *m. rhomboideus*), pectorals and cranial shoulder region, thoracolumbar spine and hamstrings (*m. bicep femoris*, *m. semimembranosus* & *m. semitendinosus*). The tension that is held behind the saddle and also in the hamstrings (particularly on the right) meant that Jess was not performing all dressage movements equally on both reins.

### TREATMENT

Jess receives bi-weekly physiotherapy to combat this hypertension (likely due to her workload and strenuous movements she performs). A combination of massage, myofascial release, heat, laser and TENS is used to address the localised areas of tension. Jess is also partaking in a 3 x weekly stretching regime where stretches are prescribed to her in order to stretch out the neck, shoulders, spine and hindlimbs. As well as this, Lucy is great at varying Jess' work routine. Dressage training is mixed in with hacking and free schooling to maintain suppleness and free movement, as well as mental stimulation.