



ARAGON EQUINE BODYWORK

GUIDELINES FOR BEFORE AND AFTER THE SESSION:

BEFORE THE SESSION

1. **Exercise**: Continue with your horse's regular exercise program up until the hour before your horse's session.
2. **Catching Horse**: PLEASE have your horse CAUGHT AND READY at appointment time. This makes it so I can get to my following appointments promptly.
3. **Grooming**: This is very important for my ability to thoroughly work on your horse.
 - a) Please make sure your horse is curried and brushed, and all dirt removed- *from the hooves up*. I do a lot of work on the lower legs and pasterns at times so please make sure they are clean.
 - b) Please DO NOT use mane detangler, ShowSheen, or other "slick" products on your horse for 2 to 3 days before the session. This also includes Tri-Tec fly spray. Slippery hair makes it exceedingly difficult to have the correct pressure needed to have an effective session.
 - c) Please make sure your horse is dry for the session-from the poll to the tail. Wet fur makes it exceedingly difficult to have the correct pressure needed to have an effective session.
4. **Feeding**: Please make sure your horse has had his regular feedings before the session, and please let me know if your appointment time conflicts with his regular feeding schedule. Horses anxious about feeding often cannot relax enough to settle into a session.
5. **Pasture Buddy**: If your horse gets extremely anxious without his pasture buddy, please arrange (if possible) to have the pasture buddy close by. The goal of the session is to maximize opportunities for relaxation so the body can release tension.

AFTER THE SESSION

1. **Immediately After Session:** If possible, keep horse warm and dry so that the freshly relaxed tissue does not cramp up with cold. This may include having a sheet for them to keep wind off their backs.
2. **Rest of the Day of the Session:** Please do not ride your horse for the rest of the day- however, if possible, please get horse to move around at an energetic walk where the back fully engages - hand-walk for 10 minutes, etc. Encourage your horse to roll.
3. **Day After Session:** Make sure your horse moves around. Exercise at ½ the normal activity level. At the least, please hand-walk at an energetic pace for 10 minutes.
4. **Soreness:** Your horse may experience some soreness in the area where especially deep work was done. I have never found it necessary to use anything other than liniment. I highly recommend Vetrolin or Sore No More.

OTHER CONSIDERATIONS

1. **Competitive Events and Clinics:** Make sure to schedule your Structural Integration session so that it does not interfere with training and performance required for competition/clinic. As a rule of thumb, horses should have 2 to 3 full days after a session to fully integrate the work into their tissue and get past any soreness from deep work.
2. **Chiropractic Work:** Chiropractic work goes very well with Structural Integration. Try to schedule your horse's chiropractic sessions 2 to 3 days *after* the Structural Integration session to allow for the best opportunity that the body will hold the adjustments.
3. **Routine vet care:** Please schedule your Structural Integration session so there is preferably a week between vaccines, worming, or dental care and your session.