



ARAGON EQUINE BODYWORK

INTAKE FORM

PLEASE PRINT, COMPLETE, SIGN AND DATE THIS FORM AS CLOSE TO APPOINTMENT TIME AS POSSIBLE (SO THAT THE INFORMATION IS UP TO DATE) AND BRING THE ENTIRE FORM WITH YOU TO APPOINTMENT. PLEASE CAREFULLY REVIEW THE TERMS AND CONDITIONS SECTION OF THIS FORM PRIOR TO APPOINTMENT.

GENERAL INFORMATION:

Date: _____

Owner name: _____

Owner address: _____

Email: _____

Phone: _____

Preferred method of communication re appointments: Email Text

Horse (Barn) name: _____ Horse location: Owner Address Other: _____

Year born: _____ Color/white markings: _____

Breed: _____

Sex: M G S Ever bred mares/been bred Yes No Owned since: _____

Previous owner history: _____

Vet: _____ Farrier: _____

Shod 4/4: Yes No Corrective shoes: Yes No Pulled in winter: Yes No

Barefoot: Yes No

How long barefoot: _____ Easy boots: Yes No

Primary discipline: _____ How long: _____

Other uses: _____

Retired: Yes No How long: _____

Schooling level: _____ Trainer: _____ How long in training: _____

Prev. 3 months exercise frequency: _____ times/week _____ mins each session

Lessons/week: _____ Saddle type: _____ Saddle custom fit:

Yes No

Bit type: _____ Other tack: _____

Lifestyle: Turnout only Stall only Stall/turnout (# hrs stabled vs. turnout per day: Stall _____

Turnout _____) Contact w/ other horses: Yes No

Hay: Yes No Type: _____ Shared: Yes No Slow feeder used: Yes No

Alfalfa: Yes No Shared: Yes No Slow feeder used: Yes No

Grain: Yes No Type: _____ Supplements: Yes No Type: _____

Last dental: _____ How often checked: _____ times per year

Last vaccinations: _____ Last worming: _____

Horse accustomed to flyspray: Yes No

Owner's hopes for their horse: _____

VICES:

Known vices: Yes No

Bites Kicks Rears Cribs Stall/fence walks Weaves Chews wood Pulls back

Other: _____

Does horse cross-tie safely: Yes No Details: _____

MEDICAL INFORMATION AND HISTORY:

¹Major accidents:

²Major illnesses:

Major trauma:

Surgery:

Other body work: Current: _____ Past: _____

Current Vet Rx: _____

Recent Vet Rx: _____

Colic: Yes No When: _____

Laminitis (Founder): Yes No When: _____ Foot affected: RF LF RH LH

Rotation: Yes No Precautions to avoid repeat incidents: _____

Ringbone: Yes No Foot affected: RF LF RH LH

³Neurological disorders: Yes No Type: _____

OCD lesions: Yes No Where: _____

Navicular changes: Yes No Diagnosis date: _____ Foot affected: RF LF RH

LH

Navicular pain: Yes No Ongoing Episodic Current treatment: _____

Joint pain/swelling: Yes No Ongoing Episodic Joint(s) affected: _____

Arthritis: Yes No Ongoing Episodic Joint(s) affected: _____

¹ Requiring veterinary attention and/or Rx drugs

² Requiring veterinary attention and/or Rx drugs

³ E.g. Wobblers, Stringhalt, EPM, Lyme Disease

Ligament/tendon injuries: Yes No Type: _____

⁴TB only – has it raced: Yes No

Broken bones: Yes No Type: _____

Known flip-over incidents: Yes No

Ever treated for ulcers: Yes No Ever scoped: Yes No

Allergies: Yes No Type: _____

Metabolic syndrome: Yes No Easy keeper: Yes No

Disk or vertebrae problem: Yes No Type: _____

Issues with feet: _____

Respiratory disease (e.g. COPD): Yes No

⁵Has horse been given sedatives within 24 hour period before bodywork: Yes No

Dose: _____ Type: _____

NO BODYWORK CAN BE GIVEN IF HORSE:

- has had vaccinations/worming at any time within 72 hour period prior to bodywork: Yes No
- has had fever at any time within 72 hour period prior to bodywork: Yes No
- is pregnant: Yes No
- has any contagious disease: Yes No
- has current injury or illness causing acute pain: Yes No
- has current deep swelling (haematoma): Yes No
- has large open sore: Yes No
- ⁶has skin condition (e.g. Scratches, Rain Rot) or skin infection: Yes No
- has current bowed tendon: Yes No
- ⁷has had recent colic episode at any time within the last 6 months: Yes No
- has acute joint pain (e.g. from severe arthritis): Yes No
- currently has a missing shoe: Yes No
- has been medicated with bute NSAIDS within the 36 hour period prior to bodywork: Yes No

⁴ Such horses susceptible to degenerative joint disease in sacroiliac spine

⁵ NB: OK if half dose of (e.g.) ACE has been given within 24 period before bodywork)

⁶ NB: depends on extent of infection – discuss with Aragon Equine

⁷ NB: OK if mild case of colic requiring single vet call and/or 1 dose of banamine – must wait at least 2 weeks before bodywork: if episode required multiple vet calls and/or banamine and/or fluids and/or admission to vet hospital – must wait at least 4 weeks before bodywork: if horse required colic surgery – must wait at least 6 months before bodywork

- ⁸has had a joint injection/other joint treatment within 4 day period prior to bodywork: Yes No
- has current hoof abcess: Yes No
- ⁹currently has Laminitis (Founder): Yes No
- has advanced Cushings Disease: Yes No
- has cancer of any type (except early stage melanoma): Yes No
- ¹⁰has degenerative ligament disorder or degenerative joint disease: Yes No
- ¹¹has active onset tying up (Exertional Rhabdomyelosis): Yes No

IF YOU HAVE CIRCLED YES TO ANY OF THE ABOVE PLEASE CONTACT ARAGON EQUINE PRIOR TO THE APPOINTMENT TO DISCUSS.

CONDITIONS THAT AFFECT BODYWORK EFFECTIVENESS:

Besides the usual recurring issues (e.g. problems with saddle fit or shoeing) please be aware the following may affect effectiveness of bodywork:

- Metabolic syndrome (e.g. insulin resistance): Yes No
- Neurological disorder: Yes No
- Navicular syndrome: Yes No
- Ringbone: Yes No
- Hocks/other joints that are currently fusing (e.g. bone spavin): Yes No

⁸ OK if Vet gives clearance

⁹ OK if Vet gives clearance

¹⁰ May be possible to do light bodywork only if horse not in acute pain. Discuss with Aragon Equine

¹¹ OK if Vet gives clearance

CONSENT AND RELEASE:

I am the owner or (as the case may be) authorized signatory with capacity to legally bind the owner of the horse named on this Intake Form (the "Horse") and I hereby consent to Aragon Equine Bodywork LLC ("Aragon Equine") performing bodywork (including but not limited to Structural Integration bodywork) (the "Bodywork") on the Horse on the date hereof and on any subsequent appointment date which shall be agreed with Aragon Equine by email or text. This Consent shall be valid on and from the date hereof and shall continue in force until revoked by me by email or text to Aragon Equine, receipt of which shall be acknowledged by Aragon Equine. I hereby acknowledge that the performance of Bodywork by Aragon Equine on the Horse shall be subject to the Terms and Conditions set out in this Intake Form. Further, I hereby acknowledge that I have provided to Aragon Equine general and medical information about the Horse (which information is accurate and up to date to the best of my knowledge and belief) which is set out on this Intake Form prepared, dated and signed by me. I acknowledge the Section of the Intake Form headed "No Bodywork Can Be Given If Horse:" and I confirm my answers to those questions are accurate and up to date to the best of my knowledge and belief.

I UNDERSTAND THAT EQUINE BODYWORK (INCLUDING BUT NOT LIMITED TO STRUCTURAL INTEGRATION) IS NOT A SUBSTITUTE FOR VETERINARY MEDICINE. I UNDERSTAND THAT EQUINE BODYWORK PRACTITIONERS ARE NOT TRAINED IN THE DIAGNOSIS AND TREATMENT OF DISEASE. I HEREBY STATE THAT ALL CONDITIONS LISTED OR CIRCLED "YES" ABOVE HAVE BEEN DIAGNOSED OR CONSULTED ON BY A VETERINARIAN. BY SIGNING THIS FORM AND BY REQUESTING ARAGON EQUINE BODYWORK LLC TO PERFORM EQUINE BODYWORK SERVICES ON THE HORSE, I HEREBY WAIVE, RELEASE AND FOREVER DISCHARGE ANY AND ALL RIGHTS AND CLAIMS AGAINST ARAGON EQUINE BODYWORK LLC, ITS MANAGING MEMBER(S), MEMBER(S), OFFICERS, AGENTS AND REPRESENTATIVES FOR INJURY AND DAMAGES WHICH MAY ACCRUE TO THE HORSE OR ANY OTHER PERSON OR PERSONS AS A RESULT OF THE SERVICES PERFORMED.

TERMS AND CONDITIONS:

PREPARING YOUR HORSE FOR A BODYWORK SESSION

Thank you for choosing to take a huge step in helping increase or maintain your horse's ability to move with fluidity, power, and grace. Here is some important information regarding your horse's Structural Integration 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.

DURING THE SESSION

To receive the most benefit from the session, it is ideal to create a relaxed, calm atmosphere. Relaxed minds = relaxed body tissue = maximum benefit from bodywork. Many horses experience deep relaxation and pleasure from the work; others are hesitant and nervous about work in areas that are tight and painful. As an owner, you can help your horse relax and receive the most benefit. Additionally, because I work on areas that place me in a vulnerable position (around the hind-end, etc), working to keep the horse calm and relaxed creates an atmosphere safe for everyone. Some suggestions:

1. **Food or Treats:** Please do not feed horse treats or food during session. Their attention and awareness should be on the session. A horse distracted by the thought of treats/food can be easily surprised and reactive when I move to work in a new area of the body, creating a potentially unsafe situation.

2. **Punishment**: If your horse reacts to the work, or to an external factor, please do not yell or punish the horse (especially if I am working in the groin or hindquarters!). Instead, please try to soothe the horse instead, and help bring it back into a relaxed state.

3. **Games**: Please do not engage in “games” with the horse’s head and mouth where the horse again shifts its awareness from the work I am doing- this is again a safety issue and can work against the relaxation.

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, Clinics, etc**: 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.

SIGNATURE:

Owner signature:

Date:

ACKNOWLEDGEMENT OF RECEIPT:

Aragon Equine Bodywork LLC signature:

Kay Wharton - Member

Date: