

## **Contraindications to Massage and Manual Therapy**

Please keep your horse dry. If your horse is turned out and there is risk of rain, please put an appropriate weight rug/sheet on to keep your horse dry leading up to their session.

Ensure your Horse has had a hard feed please allow 2 hours after hard feed before massage, and another 2 hours after the session before any further hard feed. Feeding Hay is fine. This must be adhered to otherwise there is a risk that massage will divert blood flow away from the digestive system, increasing the risk of colic.

Horse is in a state of shock or exhaustion.

Horse has just worked: they will need sufficient time to return to a state of normal vital signs.

Bacterial infections present such as abscesses.

Viral infections present.

Skin conditions/pathologies (sarcoids, tumours, ringworm). Areas that are free of such conditions may be worked on with caution.

Horse is sweating.

Horse is overtly lame and hasn't been assessed by a vet.

Horse has a fever: they will need complete rest - massage will make the situation worse by stimulating further blood flow.

Horse is dehydrated.

Signs of colic are present.

Horse is in the early or late stages of pregnancy.

Contagious conditions present in the yard such as strangles, Equine Herpes Virus etc.

Acute inflammation from injury is present.

Acute trauma such as torn muscle or internal bleeding.

If diarrhoea is present.

Horse has functional neurological condition.

Broken/bleeding skin - if this can be avoided, massage may still take place if bleeding is minor.