



Massage in Layup

Injured tissues contract because the body produces special proteins to replace what is torn; and these proteins shorten as they age.

In nature, this replacement tissue becomes scar - less flexible than the original, and with fibers mis-aligned. Massage counteracts this.

Massage manipulation encourages correct alignment and full length of the replacement tissues; this gives superior healing and full range of motion.

Alignment and softening prevents the contracted, twisted scar tissue from forming, especially during stall rest when the tissue does not get normal exercise. Keep it Supple!

**Second Wind Farm
Cindy Reynolds, Ph.D., L.M.P.
Large Animal Massage Practitioner
www.secondwindfarm.net**

425 330 7148

