



Myofascial Release: Free to Move

There is an meshlike network of fibers in the horse's body - through all the tissues, shaping and providing communication; and here's the really important part: it supports and shapes muscle.

When injured, fascia forms scar tissue. Time and injury, slight twists and contractions, thickenings and adhesions also restrict its flexibility, and the muscles, flexibility, and gaits of the horse.

There are particular techniques in massage which open and lengthen these fibers and produce immediate improvement in power, scope, balance and freedom of gaits.

**Second Wind Farm
Cindy Reynolds, Ph.D., L.M.P.
Large Animal Massage Practitioner
www.secondwindfarm.net
425 330 7148**

