



Treatment Steps Equine Physiotherapy

Step 1

Assessment

First, I will conduct a comprehensive assessment of your horse. This begins with collecting information about your animal's medical history, current medications, behaviour, lifestyle and type of activities. Following this initial review, I then make both static and dynamic assessments observed methods suitable for the horse.

Ultimately, a comprehensive assessment ensures I fully understand their individual needs, which in turn allows me to provide the most effective targeted care.

Step 2

Palpation & Movement

Once I complete the initial assessment, I will then move onto the palpation and range of movement phase. During this stage, I provide a more thorough assessment that includes testing their joint range of movement through their neck, back and limbs.

However, please be advised that if during the assessment I find issues that require veterinary care, I will not be able to continue to the treatment phase. In such cases, I will discuss these findings with you and recommend appropriate veterinary consultation.

Step 3

Treatment

Once I have completed the palpation & movement phase, I then formulate a tailored plan based on the findings and commence treatment accordingly. My manual treatment techniques include:

- **Trigger Point Release** – Targeting specific areas of muscle tension and discomfort
- **Massage** – Subsequently applying therapeutic massage to promote relaxation and circulation
- **Stretches** – In addition, incorporating controlled stretches to improve flexibility
- **Myofascial Releases** – Furthermore, releasing tension in the connective tissue surrounding muscles
- **Range of Motion Exercises** – Moving forward with exercises to maintain and improve joint mobility
- **Joint Mobilisation** – Alongside this, gently mobilising joints to restore optimal function
- **Soft Tissue Mobilisation** – Finally, working on soft tissues to enhance overall movement and comfort

Step 4

Post Treatment & Follow Ups

To aid the work from each physiotherapy session, where applicable, I will provide owners with a remedial exercise and rehabilitation program tailored to the facilities available.

Throughout this process, I will be available at all times to discuss ongoing progress and address any concerns. Additionally, there is a client area of our website that includes videos demonstrating various rehabilitation techniques and exercises for you to use at home to assist you.

Furthermore, all reports and treatment plans will be passed to your vet to ensure continuity of care. Moving forward, we will continue to liaise with all parties involved in the rehabilitation of your dog to maintain a coordinated approach.

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