



M.F.R. *for* equines

Myofascial Release (MFR) is a whole-body, hands-on treatment that helps to restore the necessary elasticity in the connective tissue web and enables the body to return to balance. Releasing fascial restrictions alleviates pain, opens the body, and allows the horse to experience optimal performance and soundness.

Myofascial release uses sustained, hands-on pressure into the fascial restrictions. Unlike traditional massage or other body work methods, MFR actually elongates and hydrates the tissue, and reduces the pull of



unhealthy tissue into the horse's system. Because myofascial release is a whole-body technique, it addresses the cause of the problem, not just the symptoms. This unique approach to bodywork helps to eliminate lameness and discomfort, and improves performance on a more permanent basis.



Let us help...

- Enhance performance
- Achieve greater mobility
- Alleviate muscle pain
- Gain strength & flexibility
- Improve coordination & soundness
- Experience increased endurance
- Restore physical balance & emotional well-being
- Aid in quicker recovery



*Motion For Life
Equine Services*



*Motion For Life
Equine Services*

260.479.7549 • www.motionforlife.net



Motion For Life Equine Services

How MFR Helps Equines & Canines



The rigorous training programs that our athletes engage in require a delicate combination of agility, strength, flexibility, coordination and endurance. When fascial restrictions are present, any or all of these components may be limited, resulting in a decreased performance by your horse.

These limitations can range from being as subtle as difficulty bending in one direction, an aversion to picking up a particular lead, or just an overall plateau in the horse's training progress, to outright lameness. Myofascial release is a safe and effective way to help your horse return to full activities and to enhance performance. Because it relies upon the response of the horse for feedback, true MFR is never forceful or damaging. Myofascial release engages your horse as a participant. It is something we do with your horse, not to him.

What Causes Restrictions in Horses

Generally, fascial restrictions develop as a result of some sort of trauma experienced by the body. This trauma may be as seemingly benign as an unbalanced rider, or may be a more obvious trauma, such as a slip or a fall.



Other contributing factors may include:

- Unstable footing (too deep, hard, slippery)
- Incorrect saddle fit
- Repetitive motions
- Training & competition
- Locked pelvic girdle

What Clients are Saying

"I would highly recommend Motion For Life Equine Services if your horse is experiencing soreness issues. You and your horse will love it." -Ann



"You could visibly see the change occur during the treatment. It was amazing!" - Sally

"I was skeptical at first, but I could tell the difference in my horse's performance after just one treatment. It really works!" - Sue

Motion For Life Equine Services