

## Introduction

The Equilibrium Therapy Massage Pad is a mechanical massage system that covers the horses' back from the withers to the lumbar region. It is available in 2 sizes, standard and extra large - for horses in 6'6" rugs and above.

The Massage Pad was developed in 2007 and has a very well established position on the market as an affordable and effective option for horse owners. For this reason, it has also been very popular with equine therapists as a tool to recommend horse owners to use in-between treatment sessions.

When the Equilibrium Therapy Massage Pad was launched it was put through clinical trials to determine the exact benefits before bringing it to market.



## Full Test Results

The results following 6 weeks of testing show that the pad offers significant benefits to working horses, improving back flexibility, promoting relaxation and can help to increase stride length. The trial consisted of horses where the effects of massage were investigated.

There were two parts to the study:

- 1) The horses were measured for signs of stress / relaxation immediately before, during and after the application of the massage pads over a six week period
- 2) The horses were assessed in terms of flexibility and suppleness. There were two groups of horses - a treated group and a control group.

**Reducing Stiffness** Massage therapy helps to reduce back stiffness caused by injury and long term chronic conditions such as arthritis. It does this by increasing the blood supply to the effected muscles and removing the build up of toxins. Test results show an overall improvement in back flexibility of approx 46%

**Promoting Relaxation** Equilibrium Therapy® Massage Pad reduces the horse's heart rate and maintains a state of relaxation throughout the massage. The test horses show a drop in heart rate which is a measure of relaxation.

**Improving Performance** Tension is often one of the most common reasons for poor performance and by increasing relaxation and improving back flexibility; the negative effects of tension can be reduced. Relaxed muscles will assist with flexibility and movement in particular for competition horses performing dressage movements and jumping technical fences.



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