

Equine Bowen Aftercare

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<http://www.totallybowen.co.uk>

It is advisable that the horse is allowed to walk out for at least 15 minutes after the treatment, or to be turned out in a paddock.

Do not keep the horse in a confined space where he can not move about.

Make sure the horse has access to plenty of fresh water, as he may drink more than usual on the day of a treatment.

We recommend that no other forms of manipulation are used for two weeks, e.g. chiropractic, physiotherapy, acupuncture, massage, etc. Magnetic therapy is not recommended for 5 days post Bowen Therapy.

No excessive hot or cold to be applied to sites of injury for one week.

Depending on the individual horses work routine, no strenuous exercise for 2 - 4 days after first treatment. Preferably turnout Avoid lunging, tight circles and jumping. Riders are encouraged to listen" to their mounts and assess the individual horse's reaction and comfort.

Work the horse 'long and low' in straight lines for a few days. He may be feeling a little stiff following lactic acid release from the muscles.

In order not to disturb the neuromuscular balance, avoid, grooming, patting or stroking the horse after the treatment (on the same day).Rugs may be placed and removed with minimal interference to the horse. (i.e. folded an placed lightly on the horse.)

It is advisable not to have the horse shod, clipped, teeth rasped or administer worming drugs or routine vaccination (i.e. tetanus or equine 'flu), two days either side of a treatment.

Following a Bowen treatment, sometimes horses may show symptoms such as discharge from the nose or eyes, or have darker/stronger urine or droppings, this may indicate a toxin release. These reactions are a positive sign that the healing process is working. Please consult your Veterinary Surgeon or Bowen Practitioner if you are concerned.

In order that the horse gains maximum benefit from the treatment, the EBT Practitioner may offer recommendations regarding saddle fit or exercise programme, where appropriate. Many horse owners and riders find that their horses are feeling freer, more balanced and relaxed in their back and shoulder. You may notice more elevation in the stride and more power in the paces. Horses with sluggish lymphatic systems will feel the benefits of an Equine Bowen Therapy treatment.