

HEALTH & NUTRITION

Pennsylvania
attracting
top stallions

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Derby winner Real Quiet

THE
horse
OF DELAWARE VALLEY



BARBARO

*N. Y. Times
can't seem to
get it right*

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*No sadder
words of
tongue, pen*

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Spotlight on Health: Equine Sports Massage Therapy

Hands on Horses is an equine massage service provided by Courtney Molino, ESMT.

Horses with sore backs, horses that seem stiff and unhappy in their work or even horses that may suddenly be reluctant to pick up the correct lead or that are beginning to track unevenly may be suffering from musculoskeletal pain.

Hands on Horses was developed to help horses perform up to their natural ability, regardless of discipline or competitive level.

Full-body sports massage therapy relieves muscular pain and helps prevent further injury.

When one set of muscles becomes tight, the horse tenses up to compensate by working an alternate muscle group.

Molino identifies and restores damaged areas. Her regular massage treatment aids the horse in maintaining better physical condition and is ideal as a preventative measure just before rigorous competition.

Molino has been active in the industry for more than 20 years as an owner, trainer and competitor. She covers Pennsylvania, Maryland and Virginia.

For more information, contact Hands on Horses at 410-379-0869 or visit www.handsonhorsesmassage.com.