



## **A Hands on Horses Massage Can Address Many Performance Issues**

Courtney Molino, ESMT, established Hands on Horses to help all horses perform up to their natural ability, regardless of discipline or competitive level.

Through the application of full-body sports massage therapy, Courtney can relieve muscular pain and, more importantly, help prevent future muscle injuries.

“Various riding disciplines place different amounts of stress on certain muscles,” Courtney said. “Regular massage treatment can restore mobility to injured muscle tissue, boosting performance and endurance and resulting in an extension of the horse’s athletic career and quality of life.”

Courtney has been active in the equine industry for more than 20 years as an owner, trainer and competitor. In addition to providing equine massage services to barns throughout Maryland, Virginia and Pennsylvania, Courtney conducts numerous massage clinics and demonstrations.

“If your horse exhibits the following behavior, it could be a sign of tight, sore muscles or muscle spasms,” Courtney said.

A full-body sports massage from Hands on Horses can greatly alleviate the following symptoms:

- Sore Back
- Lack of Forward Impulsion
- Not Bending Laterally
- Girth Discomfort
- Inability to Balance Up
- Trailer/Stall Stiffness
- Not Tracking Evenly
- Not Picking Up Correct Lead
- Tight Jaw
- Switching Leads
- Tying Up
- Excessive Head Tossing
- Shortened Strides
- Resisting Neck Motion to Opposite Side
- Cribbing
- Shoulder or Hip Lameness

Courtney is a member of the Int’l Assoc. of Animal Massage Therapists and the Int’l Assoc. of Animal Massage and Bodywork. She received her certification in equine sports massage therapy from Equissage, the world’s oldest equine massage certification program.