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Gentle Hands Equine Therapy

<http://www.gentle-hands.ca/>



February 2012 – My first visit with Dallas. He was body/foot sore so I prescribed some homeopathy to help ease his discomfort - Arnica to soothe his muscles, ruta grav to help ease joints and tendons that stiffen when over exerted and target the hind limbs and rhus tox to ease joints and tendons from being stiff and still.

March – May 2012 –Rehabilitation started to really try and realign and rebalance his body to alleviate the body soreness. We set up a schedule for 5 sessions. During that time he had a lameness check by a vet that diagnosed Dallas

with Mild Navicular Disease.

On my first session with Dallas he was dropping his left hip at the trot. His right shoulder was down, his neck was very stiff to the left and he was sore behind his withers and in his lumbar. I lifted his shoulder and realigned his hips, then using acupressure, massage and TTouch I worked along his back easing muscle tension and realigning the musculature and spinal processes. With each subsequent visit he was feeling better and better. He slimmed down, started to move better and was not body sore. He would stand calmly while I worked on him. The first time Dallas trotted out for me he was severely lame with a very distinct head bob at the trot. The last time I saw Dallas was the 18<sup>th</sup> May 2012 and he was barely bobbing at the trot. He does have Navicular and will be foot sore but his body had come full circle and was looking and feeling so much better. Navicular is very manageable and with the proper care and attention he will make a great riding buddy or husband horse - I kept telling my husband when I fix him, I'm buying him!

**Circle F Update - May 31, 2012: Dallas has been outfitted with new corrective shoes!**

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