

Free Rein HEALING

“Lead with love.”



To book:
(845)
332-8839

***Hit your peak
performance***

*with Myofascial Release
therapy for horse and rider*

“Myofascial release is gaining traction as an integral part of equine healthcare.”

Equine Wellness Magazine
March 2019

How does MFR therapy benefit the horse and rider?

MFR is a whole-body, hands-on manual therapy technique that applies gentle sustained pressure to the connective tissue, releasing restriction throughout the body.

Therapy improves:

Alignment ♦ Power ♦ Agility
Recovery time ♦ Endurance

Therapy reduces:

Pain ♦ Behaviors ♦ Fatigue

MFR benefits both the horse and rider, allowing each to perform at their maximum potential.

You’ve trained long and hard. Free Rein Healing will help you and your horse feel your best to go that extra mile.

Optimize your performance; get the competitive edge.

“

Chrissy of Free Rein Healing has not only helped my horse and I feel better and stronger during our training sessions, but also helped me recognize how much we really affect each other in the way we move. She truly makes us a better team.

”

—Sonja



Learn more about Free Rein Healing at
freereinhealing.com

What is fascia?

Fascia is the connective tissue that joins and separates every part of the body, forming the framework that helps support and stabilize your horse. It surrounds every nerve, blood vessel, bone, organ, and muscle.

The three components of healthy fascia – collagen, elastin, and ground substance – are essential for:

- ◆ Shape, strength, and support
- ◆ Stretch and shock absorption
- ◆ Supplying nutrients and oxygen

Fascia operates as one single system, a continuous web throughout the body. This is why a fascial restriction anywhere in the system affects remote regions of the body, potentially leading to numbness and pain from nerve compression, decreased blood flow, decreased power and endurance of the muscle, as well as change in structural alignment.

What can cause a fascial restriction?

Physical or emotional trauma
Inflammation ◆ Repetitive training
Mirrored dysfunction ◆ Overuse
Stress of athletic activities
Poor saddle fit

What is mirrored dysfunction of the horse and rider?

Mirrored dysfunction relates to the influence the horse and rider have on each other through imbalances in their bodies. For instance, if the rider is uneven in the saddle on their seat bones, that will cause their pelvis and spine to tilt, providing a change in pressure to the horse, which creates compensations leading to fascial restrictions in the horse as well. Riders who book an MFR session for themselves will find that the therapy also benefits their horse and their outcomes when working together as a team.

Pricing

1-hour session

Horse: \$200

Rider: \$150

2-hour session

Horse and rider: \$300

Please note that these prices reflect a baseline. Pricing may vary per location and a travel fee may be assessed. All prices subject to change without notice. Inquire at booking.

Further reading on MFR for horse and rider

“Understanding Myofascial Release for Horses”

Equine Wellness Magazine, March 2019
www.equinewellnessmagazine.com/understanding-myofascial-release-for-horses

Mark Barnes, PT
www.equinetherapeutic.com

Tamara Thomas, PT
www.equinemyofascialrelease.com

John F. Barnes, PT
www.myofascialrelease.com

“MFR can help prevent and treat all these issues, while regular treatments can help your horse stay healthier and recover from injury faster.”

Equine Wellness Magazine