

The primary goal of massage is to relax the horse. The massage is a natural and safe way to relieve muscle pain. Massage can also speed up the horse's recovery after exercise. Massage can affect positively skin function, metabolism, lymphatic circulation, peripheral blood flow, nervous system and all the way to the internal organs through reflections. The best benefit of massage is usually achieved after a few massage sessions.

Muscle maintenance

- performed on warm muscle:
- areas to be treated: back, neck, shoulder musculature and thigh muscles
- program 3 according to muscle causes
- program 2 transversely to the muscle fibers
- program 1 according to muscle causes
- whole for about 20-30 minutes

Stuck muscles

- performed on warm muscle:
- Always start around the stall, progressing slowly to the stall
- Take special care with intensity and time, approx. 2-3 min / program
- program 3 parallel to the muscle
- program 1 transversely to the muscle fibers in a small movement all the time
- program 3 parallel to the muscles
- If the device is fastened with a belt, the operating time should be carefully monitored.

Recovery after exercise

- program 3 approximately 2 to 7 times in the directions shown by the arrows in the image below
- The treatment should be very light so that only the skin moves according to the movement of the device

Before the massage

- do not strain the horse for a couple of hours before the massage
- Allow the horse to run its needs in the pen
- choose a relaxing place for massage

After the massage

- Let the horse go to its needs after the massage
- Provide the horse with water
- Keep the horse warm, eg. with blanket
- No strenuous physical activity on the same day the next day, just relaxing

Massage is not recommended in the following situations

- the horse has muscle tears, malignant neoplasms, frostbite or fractures
- the horse has just been operated and still has postoperative bleeding, etc.
- the horse is feverish or has infections
- the horse has wounds, broken skin or skin infections
- the horse has recently been vaccinated (within one week)
- the joints have recently been spiked
- EasySwing Care is not recommended if the horse is pregnant or has a heart condition, or if the animal requires special rest.
- The device should not be used on the horse's skull, limb tendons and bones, neck, spine or genital area.

