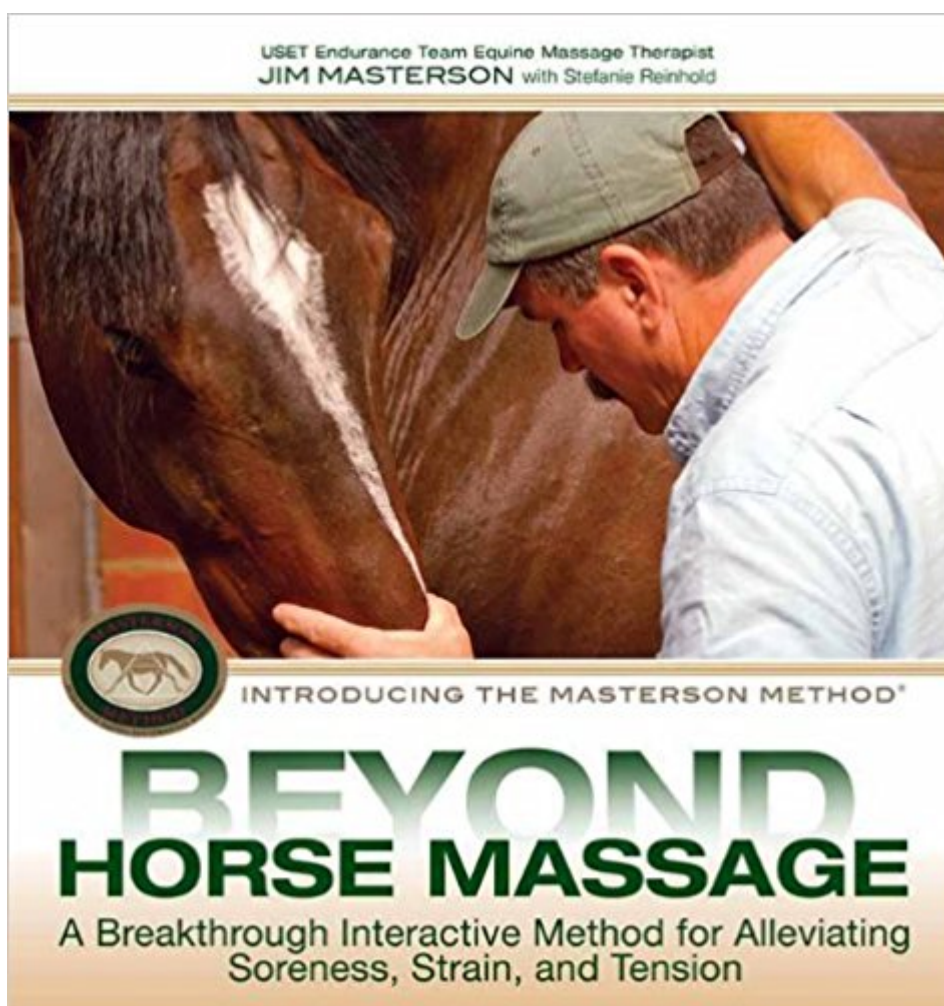


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# Beyond Horse Massage: A Breakthrough Interactive Method For Alleviating Soreness, Strain, And Tension



## Synopsis

Would you like to enable your horse to perform and feel better, to overcome old limitations and restrictions and reach its full potential? In this book, Jim Masterson, Equine Massage Therapist for the 2006 and 2008 and 2010 USET Endurance Teams, and for equine clientele competing in FEI World Cup, Pan American and World Games competitions, teaches a unique method of equine bodywork, in which the practitioner recognizes and follows the responses of the horse to touch to release tension in key junctions of the body that most affect performance. This practical book:   
• has step-by-step instructions, photographs and illustrations   
• is ideally suited to accompany you to the barn, where you will practice the Masterson Method® techniques on horses.   
• includes chapters with Tips & Techniques, anatomical explanations and examples from Jim's practice help deepen your understanding.   
• has a "quick reference" section will point you to exercises that are specifically suited to your particular discipline, may it be dressage, endurance, eventing or barrel racing, or others in the vast realm of horse sports. By using these techniques, and knowing the responses to look for, you are able to:   
• achieve a release of accumulated stress in deep-seated key junctions of the horse's body that affects mobility, comfort, attitude, training and performance   
• restore muscular and structural balance, and natural alignment   
• enable your horse to perform optimally and respond to your training without stiffness and pain   
• achieve new levels of communication and trust with your horse that spill over into other areas of interaction.

## Book Information

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## Customer Reviews

"In Beyond Horse Massage the reader is introduced to a method of unique, interactive bodywork that is done with the horse, not to the horse, and horses love it. . . . A must-have for horse lovers and guardians as well as professional bodyworkers!" *•Natural Horse* (January 4, 2012)"The book starts with an introduction and overview to his method, and then breaks down each technique into several steps, with clear, concise instructions and several color photos. Masterson covers all points on the body from head to tail... Judging by the happy horse 'patient' in the DVD, The Masterson Method works!" *•Horsemen's Yankee Pedlar* (June 2012)"By means of gentle manipulation of targeted release points, the movement of joints or junctions through a range of motion in a related state, and observation of the horse's responses, readers can open doors to improved health, performance and communication." *•Lone Star Horse Report* (June 2012)"Masterson clearly demonstrates exactly how to manipulate the horse's neck, front and hind legs to create the desired tension-freeing and movement-enhancing effect. [This set is] best suited for: any horse owner or trainer interested in improving the performance, and comfort, of their horses." *•Horse Journal* (November 2012)

Jim Masterson is the equine massage therapist for the USET Endurance teams and has worked with equine clientele competing in the FEI World Cup, the Pan American Games, and the World Games. He developed a unique method of equine bodywork known as the Masterson Method that he teaches to horse owners, trainers, and therapists throughout the world. He lives in Fairfield, Iowa. Stefanie Reinhold is a certified Masterson Method(TM) practitioner (MMCP) and instructor, and is the owner of Reinhold's Horse Wellness(TM) Equine Massage & Bodywork. She lives in Madison, Wisconsin.

I have been a certified acupressurist for 20 yrs and this method absolutely streamlined my approach. The results are truly almost instantaneous for the horses. The book itself is well laid out with step by steps and detailed procedures with pictures. It is specifically formatted to be used 'on location', i.e.: a wire binding so that it will lay flat for easy on site access while performing procedures. I felt the most important message was stressing to readers (practitioners) that you need to pay attention to the horse for its reaction to the touch and to learn to adjust your own responses as opposed to making the horse respond in a human manner. Horses are (as are all animals) extremely subtle in their responses and are wonderful teachers. Jim Masterson expressed a desire to provide laymen and professionals alike with an invaluable tool. He has succeeded. He is

a generous teacher.

I watched a couple of Jim Masterson's youtube videos and became very interested in learning how to do this on my horse. So I got the book to give me more detail and step by step instructions on how to accomplish the methods. I tried the Bladder Maridian on my guy this past Sunday. WOW! The releases I got from him with just the slightest touch was amazing. The horse's body is an amazing thing. It was funny that I got the biggest release from him down by his ankle, near what the book calls the Ting point. He gave the biggest stretch up through his neck all the way down to his hocks. I've never seen him stretch like that. He looked like a cat getting up from a nap. It was crazy! Plus the huge yawns and constant licking and chewing. However it works, I don't fully understand, but this DOES work. I definitely recommend. You do have to be patient though as the book says. It took me about 2 hours to do just a couple of the methods in this book including both sides using the Bladder Maridian method & the TMJ releases.

I'm a physical therapist and I think the techniques in this book are great. I have been using them on my 24 yo Arab and my 10 yr old dressage horse with excellent results. The book is clear, easy to follow, with accurate description of anatomy and mechanics. He focuses on horse initiated releases which are more profound and have longer lasting results than normal massage. He has two dvds out, they are the same, so don't buy them both!

Having no background in any body work, and being clumsy myself, I was able to get releases, and learn to control my own responses, as well as help my horse. Extremely well written, clear step by step directions, with emphasis placed on the important points.

Six months ago my boarding facility owner shared unsolicited advice she thought would be helpful - to have my horse put down, or, simply "just get rid of her" because of intermittent, undiagnosable lameness. Every vet in the county looked at her. Thousands of dollars later (I don't have to throw away), for x-rays, steroids, 'lameness exams' (really??), more. Not one vet understood or suggested quality bodywork to rejuvenate the horse's body. Not one. So, I set off to educate myself, and became a certified equine massage therapist (another instructor, similar methodology, though nowhere near as effective as Masterson). I came across Masterson's work and it resonated. I devoured the book and practiced every day. Today that mare has fully bounced back and is working 4 days/week, dressage. Masterson's book is masterful genius. Buy the book, read a few pages

every night, and go out the next day and practice on your horse. Be patient. Throw away ALL conventional thinking. Be prepared to be blown away by what the animal will teach you about itself, and YOU. Happy, healthy, sound riding, friends.

When my friend let me borrow the book...I gave it right back to her b/c I thought to myself I have to have my own copy...it's a great tool to use I notice a difference in my horses strides when I do a little of this before my rides. I've actually had the pleasure of sitting in a seminar that was hosted at my barn and I have to say Jim is a great, very nice person...he actually answered a few of my questions. I'm now so interested in this that I'm going to become a certified integrated body work massage therapist! Love this stuff...great for bonding. I've started to use this on my new mare who is a little bit on the tense side and wow do they know exactly what's happening when you've done some work on them...they go into relax mode and I can see releases right away! So rewarding! for me and for my horses!

I have a senior appendix gelding in his twenties and he suffers from arthritis and soreness. I'm just starting with this method and am working on the light touch along the neckline. At first my horse would very gently grab my other arm and kind of hold onto my jacket in a very relaxed manner and I thought this was a good response. But his grabbing onto my jacket with his mouth has turned into having my wrist or arm in his mouth where he is really clamping down harder on me. It's like he needs to have something in his mouth to bite down on while I'm doing this very light touch. If anyone has any advice please tell me what I'm doing wrong. Is it overstimulation? When I go down the back to his butt and legs he stands very relaxed and doesn't go for my arm it's only when I'm on his neck area.

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