

Treadmill Blurb

About

Hydrotherapy can play a key part in your horses general well-being, fitness or rehabilitation through controlled, supervised exercise. There is growing research to support the use of underwater treadmills and it can benefit all disciplines and abilities of horse and pony, from hacking horses through to elite competition horses. The treadmill provides a full body workout, improving not only general fitness but increase core strength, suppleness, joint flexion, cardiovascular output/respiration and range of movement.

Working in water reduces the concussive forces in the lower limbs,

All staff trained by (VET INFO).

Fitness & Performance

Hydrotherapy can easily be part of your horses regular training and fitness programme. The water treadmill not only maximises performance and training but reduces the risk of future injury through muscle development and strengthening.

Benefits include:

- Improved core strength, balance and stability.
- Increase in resistance builds strength and stamina.
- Improves straightness and encourages symmetrical loading for better biomechanics.
- Increases joint flexion, mobility and range of motion.
- Increases stride length and quality, improves gait.
- Increase cardiovascular activity, condition and fitness.
- Reduces concussive forces on lower limbs.

Rehabilitation (Veterinary Referral Necessary)

Working with vets and physiotherapists, we can ensure the use of the underwater treadmill can aid in your horses recovery from injury and become part of a targeted rehabilitation plan (veterinary referral necessary). This is developed on a case-by-case basis and tailored to your horses needs.

Working in a safe environment at a controlled speed, the cold water has therapeutic benefits as well as providing buoyancy, gentle resistance, reduced concussion and low impact exercise.

Hydrotherapy can assist in weight loss as part of an overall management plan. For veteran horses it can help improve circulation and decrease muscle atrophy.

Habituation

It is key that horses enjoy the experience and are as relaxed as possible. Therefore, introducing them slowly and correctly to the process is vital and each horse is different. The first session will allow your horse to be accustomed to the movement

of the treadmill belt with the gradual addition of the water. Depending on the horses level of fitness the initial sessions may be quite short, as they can tire quickly and it is important not to cause muscle fatigue. Even horses that may be apprehensive of puddles and water, take to the treadmill well as they are allowed to familiarise themselves without being rushed.

How to prepare

Please arrive 10 minutes before your allotted time slot.

Please make sure your horses legs and belly are clean from any mud or products (coat sprays, creams etc.).

Please ensure your horses feet are picked out.

Please secure your horses tail (as shown below) with a tail bandage prior to arrival/ time slot.

Please bring a bridle for your horse.

Biosecurity

We have strong biosecurity measures, so please follow the below precautions.

Please ensure your horses vaccinations are up to date and they are vaccinated 6 monthly for equine influenza.

If your horse is showing any signs of being unwell, please check temperature before leaving and seek the advice of a veterinarian.

Horses legs are cleaned prior to and after use of the water treadmill.

We use NAME disinfectant to clean the treadmill and equipment before and after each client.

Any questions or to discuss your horses needs, please do not hesitate to contact us either on MOBILE NUMBER or via EMAIL.

*Cancellation less 48hours prior to appointment will face charge.

FMBS website- add to map.

Surrey water treadmill- good online booking.

GDPR??