



Injury Free Horse: Hands-On Methods for Maintaining Soundness and Health

Amanda Sutton

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Injury Free Horse: Hands-On Methods for Maintaining Soundness and Health Amanda Sutton
Designed to give every horse owner the confidence to take an active role in keeping their horse healthy. Helps the horse owner to identify what is normal, the problems and the steps that can be taken to prevent problems from occurring. Includes step-by-step photographic sequences for massage, suppling and stretching exercises to improve horses' physical and mental well-being. Concludes with advice on modifying exercise programmes to accommodate special cases, from the rigors of competition to looking after the aged horse.



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