

A Case Study utilizing Myofascial Release, Acupressure and Trigger Point therapy to treat bilateral "Stringhalt" in a 12 year old Akhal-Teke horse.

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1 Background

"Stringhalt" in a horse is a condition that affects one or both hind legs to spasm, drawing the leg into the horse's stomach and stalling before slamming back down.(1)

Prognosis is poor and a horse's performance and quality of life are affected in severe cases. Treatments vary, including surgical intervention.(2)

The study subject was caught in barbed wire overnight, thrashing to break free. The horse was then placed in a stall for months, unable to run, possibly creating trigger points in the fascia/soft tissue.

2 Methods

6 biweekly treatments of 1 to 1 ½ hours sessions were completed.

Treatments consisted of Myofascial release of the cervical-sacrum-iliacs, Acupressure of the bladder meridian, and Trigger point release of the iliacus.

The frequency of stringhalt was observed every 3-5 minutes with R > L.



3 Results

The iliacus myofascial release and trigger point release appear to consistently reduce the stringhalt symptoms.

The acupressure treatments appeared to have a positive affect on the horse's overall muscular tone from a guarded shortened position to a normal resting state.



5 Conclusion

As previously stated, "Stringhalt" in a horse can have various causes and treatments. The case study presented suggests that Myofascial release, Acupressure and Trigger point therapy may be utilized to provide a positive treatment outcome.

Please note that the scope of practice for massage therapists allowing equine massage varies from state to state.



4 Data

After 6 treatment sessions were completed, the horse was able to run, which she was unable to do since 2011.

The stringhalt motion decreased to once every 10-20 minutes.

The Horse is able to stand in a position that promotes hip extension which she was previously unable to attain.

Overall, her disposition and quality of life are much improved and allow for breeding potential.



References

1. Merck Vet Manual(March 2012). Adams,Stephan.DVM. et all.
- 2.. Iron Gate Equine Clinic.(April 2014.) Ketover, Howard.