



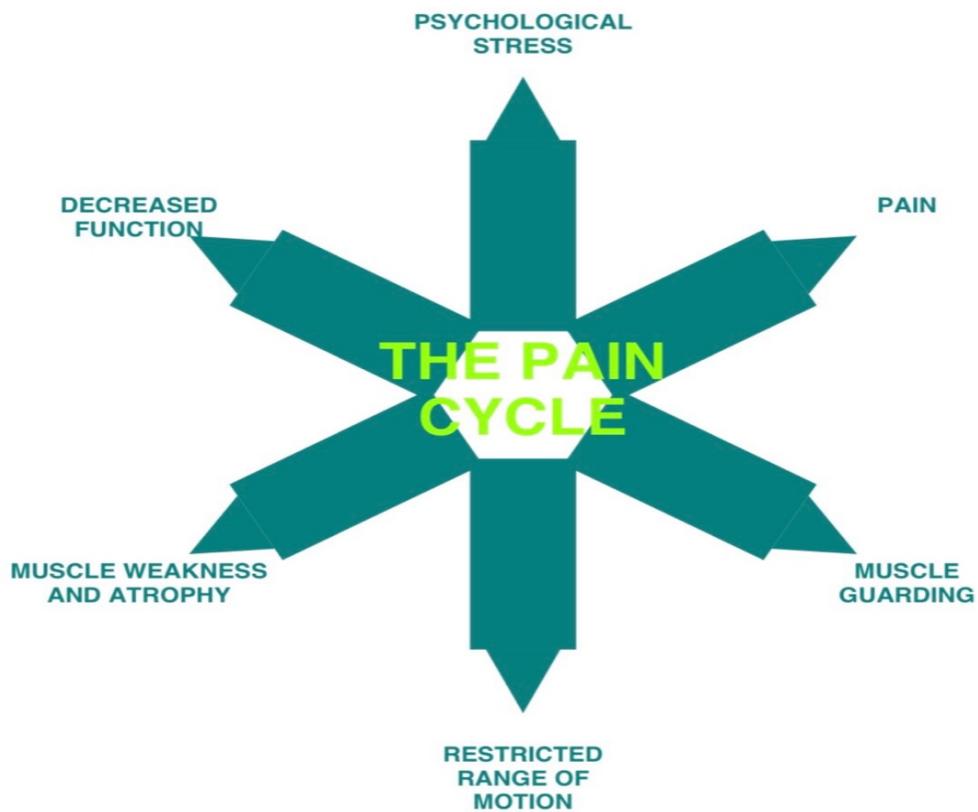
# Flying B's Integrated Equine Therapy

Client Education & Pain Cycle Guide

# The Pain Cycle Diagram

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## The Pain Cycle Diagram



# Before Your Appointment & Aftercare

## Calm & Safe Environment

Sessions must take place in a quiet, calm, low-distraction environment. A safe stall, grooming area, or enclosed space is ideal.

You do NOT need to hold the horse unless safety requires it.

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## Feeding & Hydration Requirements

- Horse must be fed prior to the session (normal hay and grain).
  - A hungry horse cannot fully relax or respond effectively.
  - Fresh, clean water must be available before and after.
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## Timing

Please allow:

- 1–1.5 hours for standard sessions
  - Up to 2 hours for new clients or new horses
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## Horse Condition Requirements

- Horse must be dry and reasonably clean; excessive mud should be brushed off.
  - No bodywork 48–72 hours after vaccinations.
  - Active infection, fever, abscess, or current antibiotics require veterinary clearance.
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## Please Inform Me of Recent Changes

Dental work, farrier changes, chiropractic or acupuncture sessions, new medications or sedation, behavioral changes, injury, or illness.

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### ■ Pre-Session Warm-Up Movement (5–10 minutes)

To ensure the most effective bodywork session, please allow your horse 5–10 minutes of gentle movement prior to my arrival. This may include:

- Light hand walking
- Easy lunging at the walk or relaxed trot
- Free movement in a safe paddock

This gentle warm-up increases circulation, prepares the soft tissues, and allows us to begin the session with muscles already receptive to release.

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### ■ Aftercare – What to Expect

Your horse may experience:

- Mild soreness or stiffness for 24–72 hours
- Tiredness or a quieter demeanor
- Temporary soft fluid pockets as the lymphatic system activates
- Increased drinking, urination, and gut sounds
- Yawning, stretching, licking, and chewing as tension releases

These are normal signs of the body processing the work.

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### ■ Post-Session Awareness Walk (10–20 minutes)

Depending on your horse's level of tension and compensation, your horse may benefit from 10–20 minutes of relaxed hand-walking immediately after the session. This helps:

- Reinforce new movement patterns
- Integrate neuromuscular changes
- Support lymphatic flow and circulation
- Improve proprioception and body awareness
- Reduce post-session stiffness

# Understanding Bodywork & Safety

## Electrolytes Recommended

Providing electrolytes after a session supports rehydration, lymphatic flushing, muscle recovery, and can help the effects of bodywork hold longer.

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## Understanding What Bodywork Does

Bodywork influences the nervous system, which affects muscle tone, posture, pain signaling, guarding patterns, compensation, and emotional stress responses.

It can improve circulation, range of motion, posture, overall comfort, and ease of movement. Some horses may appear worse before they improve as old patterns unwind and the body reorganizes.

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## When to Wait or Get Veterinary Clearance

- Fever, infection, abscess, or swelling of unknown origin
- Recent surgery
- Severe or acute lameness
- Neurological signs (stumbling, incoordination, head tilt)
- Within 48–72 hours of vaccination
- New medications or any condition your veterinarian advises caution with