

Equine Massage Catalogue



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Dear Prospective Student,

Thank you for your interest in our Equine Massage Certification Program™. The appreciation for massage therapy has reached the animal kingdom. Because BSMT is a well known leader in massage education, we believe it is important to provide a comprehensive, applicable training program for those who are serious about working with animals in this way.

All applications to our program are carefully reviewed by our staff and are considered individually, based on the applicant's personal experience, familiarity with the care and handling of horses, and educational credentials. Applicants are accepted through a highly selective evaluation of their qualifications.

Please review the enclosed information. Feel free to contact the Bancroft School of Massage Therapy at 508-753-7957, or by email at Lisa@LivelyDog.net for further information, or for any questions you may have.

Sincerely,
Lisa Ruthig,
Director of Animal Programs



Educational Training Objectives

It is the goal of Bancroft School of Massage Therapy

To transfer to each student the skills necessary to administer the complete, systematic “Bancroft Method™” of Equine Massage. This method is so defined and unique that it is registered and protected by the United States Copyright Office.

To present a program which is wide enough in scope and long enough in length to provide a sound theoretical background as well as a strong practical application of professional massage therapy skills. We strive to be the benchmark in the massage therapy education field.

To qualify each graduate to work successfully as a professional Equine Massage Practitioner and to perform this skill for the benefit of all horses and to be able to work with other allied health professionals.

To transfer to each student the skills of how to listen to the clients and evaluate the horses in order to deliver quality service tailored to the individual’s needs.

To provide a curriculum that offers varied modes of therapeutic bodywork that can be incorporated into a massage treatment in order to give the student a broader range of skills and greater flexibility in treatment options.

To provide continuing education for our graduates through lecture series or workshops in order to provide the opportunity to continue to add new body work modalities to the list of skills they already have.



200-Hour Equine Massage Therapy Certification Program

Admission Requirements: High School Graduate or equivalent and
Equine Handling Experience

Important Note: In order to accommodate students with diverse educational, professional and equine background and experience, students may be subject to required tutorials at the teacher's discretion.

**Students must be comfortable working around horses.
Prior horse experience is required.**

Call Today For Your Application
(508)753-9757 Toll Free 866-352-9409
or visit the **Animal Programs** page on our website
www.HorseAndDogMassage.com
email: Lisa@Livelydog.net

In most states, the standards for the practice of animal massage are determined by the Board of Veterinary Medicine. The wording of the Veterinary Practice Act of each state determines what can be done to animals and by whom. In some states, addendums to the practice act or general laws of the state have been passed setting limits and or requirements of schooling for the practice of animal massage. You must determine the legality of animal massage in your own state.

Courses

Anatomy & Physiology and Introduction to Pathologies - 66 hours

The focus of this course is on the musculoskeletal anatomy. Each student will first learn the bones and bone markings using lectures as well as hands-on laboratory sessions using real bones, a fully articulated skeleton and live horses. We then continue with muscle physiology, kinesiology and build the muscles through visual PowerPoint presentations. This is again combined with hands-on palpation with the horses. Along with study of the nervous system and connective tissue, the student will develop a working knowledge of muscle function that will ultimately benefit their Equine clients.

The course continues with study of the other organ systems of the body. Emphasis will be placed on the respiratory, cardiovascular, lymphatic, endocrine, urinary as well as the reproductive, integumentary and digestive systems.

This course will give the student a comfortable working knowledge of all the systems of the body which will better enable them to work within the Veterinary Health Care System.

Massage Techniques - 50.5 hours

This course encompasses history and theory of massage, body mechanics and strokes with an emphasis on hands-on learning. Through demonstration, individual instruction, lectures and practice, the student will be taught all of the practical and intuitive skills needed to become professional Equine Massage Practitioners.

The goal is for the student to be able to administer a complete full body massage to a horse in approximately 1 hour. The “Bancroft Method™” utilizes a combination of Sports Massage, Myofascial, and Neuromuscular techniques integrated into a full body treatment. Massage for the Equine athlete focuses on sports-related injuries and advanced regional work.

Combining this with the knowledge of common pathologies of the extremities, the student will be able to effectively communicate the theory and practice the art of massage for the Equine athlete.

Courses

Equine Behavior, Safety and Common Diseases and Pathologies - 3.5 hours

Students gain an understanding of the basics of Equine behavior and body language. It is essential when working with horses to be able to understand the way they communicate. Once the behavior has been studied, then the application is incorporated to keep the student safe when working with the horses. Other safety issues such as handling, tying and monitoring the work area are also discussed and practiced.

Students learn about the pathophysiology of communicable and zoonotic diseases and ways to incorporate bio-security measures into their practice. Vector born and genetic diseases are also discussed, along with whether massage is contraindicated for specific conditions.

Equine First Aid and Bandaging - 3.5 hours

This course introduces first aid practices for common emergency situations. The focus is on emergency wound care, puncture wounds, and bandaging. Common drugs used in veterinary medicine are discussed along with their precautions pertaining to massage. Students practice applying bandages to the horses.

Gait Analysis and Bio-Mechanics - 10.5 hours

This course uses lecture, video and demonstration to make kinesiology come alive. Students learn to assess the horse standing as well as learning gait function and dysfunction which will allow them to then focus massage regionally to areas where there are restrictions.

Saddle Fitting and Rider Imbalances - 3.5 hours

This class is taught by an internationally certified saddle fitter. The focus is to make students aware of how each type of saddle should properly fit and sit on the horse's back. Improper saddle fit can cause pinching and restriction in the horse's shoulders and back. Along with improper fit of saddles, an imbalanced rider can cause the same types of issues as the horse struggles to offset the strain of a crooked rider. These restrictions and compensations in turn can cause pain and tightening of the muscles.

Equine Stretching - 3.5 hours

In this class, safe and proper techniques will be taught for stretching exercises for horses. Both passive and active stretching techniques will be covered. The objective of stretching is to maintain or regain optimum mobility and to reset proprioceptors and increase body awareness into a more healthy state.

Hydrotherapy and Myofascial Techniques - 7 hours

The application of hot and cold therapies has been documented to have been used to treat pain and stiffness as far back as the 4th century B.C. Cold therapy has been used to treat both human and equine sports injuries for many years. Both the physiology and proper application of heat and cold will be discussed.

Along with hydrotherapy, Myofascial techniques will be used to enhance healing, collagen remodeling and controlling the inflammatory response.

Business Practices, Ethics and Marketing - 14 hours

The business courses prepare the student to succeed in the Equine Massage profession. Basic skills necessary to be part of and to network with the equine community are taught. This course includes discussions of ethics; financial concerns; and how to start, build, market and maintain a massage practice; and public speaking and presentation skills.

Internship - 38 hours

The internship course is where students gain practical experience outside the classroom. Internship provides the students the opportunity to experience the practice of massage and business practices in the “real world.” Students are required to complete massage sessions while networking with horse owners and equine professionals.



Instructors

Marlene Narrow, BS, LMT

Marlene has been a human massage therapist since 1982 and has taught at BSMT for the last thirty years, developing many of the techniques and courses taught today. She has a Bachelor's Degree in Health Education from Worcester State College.

She is the co-founder of the Animal Massage Program at Bancroft, creating the massage techniques using her seven sled dogs and horses, as well as writing the curriculum and developing the program.

Marlene is a pioneer in the animal massage therapy field since the early 1980s. She originally trained with Jack Meagher, the founder of Equine Sports Massage in the United States, and practiced in various equine disciplines. She has led numerous equine and canine massage workshops to 4-H Clubs, veterinarians, breed clubs, sled dog racers, agility dog competitors, dog groomers, and other animal groups. Marlene's family includes her own horses, cats, rescued bovines and a pig. They are all living testimony to the healing power of massage and the contribution to animal health and well-being.



Lisa Ruthig, BS, CSAMT, CEMT, RP II

After graduating from University of Delaware with a BS in Biology, Lisa worked in molecular biology and immunology laboratories for a number of years before following a meandering path to her career in animal massage.

A traumatic injury to her puppy, Fergus, led Lisa into the realm of complementary healing techniques. Attempt to treat his resulting structural problems and anxiety quickly led to a passion for working with all animals.

A graduate of Bancroft School of Massage Therapy Small Animal Massage and Equine Programs and a Level II Reiki practitioner, Lisa uses her scientific mindset, along with her natural affinity for the emotions of animals, to guide her in treating various behavioral problems, injuries and movement disorders in large and small animals.

Instructors and Guest Lecturers

Carol Mossa, LMT, CEMT

Carol Ann Mossa is a Licensed Massage Therapist in private practice serving clients in Rhode Island and Massachusetts. After graduating from Bancroft School of Massage Therapy, she immediately went on to earn her Equine Massage Therapist certification. Carol is the founder and director of The Well Healing Arts Center in East Greenwich, RI. She can be reached at 401-741-1974, carrossa@aol.com, and www.facebook/TheWellRI.



Saddle Fitting - Anthony Cooper

A native of Dublin, Ireland, Anthony Cooper received his saddlery training in London. His training covered making astride saddles and the restoration of side saddles. He was elected to the Guild of Master Craftsmen in London. Tony has been making, fitting, repairing and restoring saddles for over 20 years. He is based in Royalston, MA. Visit Tony's website at www.AnthonyCooperSaddler.com.

Equine Pathologies - Charlotte Newell, DVM

Dr. Newell started out at UMass/Amherst, left to milk cows and work with horses, later wandered back indoors as a research technician and finally went back to school at UMass/Boston to complete her degree. She spent time as a small animal veterinary technician in a private practice and later at Angell Memorial Animal Hospital while applying to veterinary school. She attended Tufts Veterinary School, and graduated in 1987. When not teaching, she does solo mixed ambulatory practice, primarily large animal/equine. She is also interested and has pursued continuing education in veterinary acupuncture and herbal medicine. Dr. Newell does some competitive trail judging for ECTRA, and has a small breeding program involving preservation breeding of Syrian Arabian horses. She has been known to foxhunt when her horse is fit enough and show occasionally. Dr. Newell is the Faculty Chair for the Equine Studies Program and teaches in the Veterinary Technology, Veterinary Science, Pre-Vet and Equine Studies Programs at Becker College.



Our Facilities



Classroom work is held at DoggoneU in the Bancroft building, with comfortable classroom and workshop spaces specially designed for teaching animal massage.

Hands-on training is conducted at Boston Equestrian Center in North Oxford, MA, a short drive from the school. BEC houses over thirty horses, many of which compete on the A circuit. In short, we train you with the same sort of spirited horses you will be massaging in your practice.

You can learn more about BEC and their training in jumping, dressage, and equitation at www.BostonEquestrianCenter.com



What makes our program different ...

Excerpts in quotes are taken from an article on the American Massage Therapy Association website called *“Starting a Career in Massage Therapy: What You Need to Know.”*

“Massage is a healing art as well as a science. It requires a balance of academic and technical knowledge, clinical skills, manual dexterity, sensitivity, and awareness. It takes a sincere desire to help others, along with a commitment to the time, energy, and focus necessary for the training process in order to become a solid practitioner.”

“The training program curriculum should cover such subjects as anatomy, physiology, kinesiology, theory and practice of massage therapy, hands-on practice under faculty supervision, ethics and business practices.”

These quotes apply to massage programs that teach massage for people. Why should we compromise or relax these standards because we are working on animals? Any program offering instruction on massage must include on-site instruction of hands-on techniques to ensure the competency of its students. To be competent in massage, you must understand the anatomy and physiology of the body you intend to work on. The massage techniques must be fully understood and appropriately applied for the receiver to gain the maximum benefit. Massage strokes applied with too much pressure, in the wrong places, or to a pathology contraindicated for massage can do harm to the body.

When looking for schools of animal massage check for the following:

- Does the school offer hands-on training?
- What are the qualifications of the instructors?
- How long has the school been in business?
- Do they offer instruction in Anatomy & Physiology? Animal behavior and handling? Communicable diseases of animals?
- Will you be eligible upon graduation to sit for the national boards?

See www.NBCAAM.org for more information on the exam. At this time, only the state of Washington requires the exam to practice, but we encourage all our graduates to take it. Upon graduation from our program, you will be eligible to sit for the national boards.

No accredited human massage schools offer training where the student does not have to complete hands-on instruction. The only way to evaluate if a student is performing a massage technique correctly is to have students practice that technique on an instructor. This is the philosophy at the Bancroft School of Massage Therapy’s Equine Massage Certification Program. Massage is not just “fluff and buff,” it is the manipulation of the soft tissues of the body for therapeutic purposes. Our comprehensive 200-hour program was designed using the model of our human program. We have been teaching massage since 1950 and our graduates are recognized world wide.

Our curriculum was developed by veterinarians, veterinary technicians, and licensed massage therapists. We have included all the information that is required in a human program and geared it specifically to equines. Our goal is to produce the most well-trained Equine Massage Therapists in the industry.



BANCROFT
School of Massage Therapy

Equine Massage Certification Program

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