

## Who We Are

At **Indian Creek** we have been treating horses for over fourteen years. Many have been severely injured. Others have more common problems like suspensory sprains and bowed tendons.

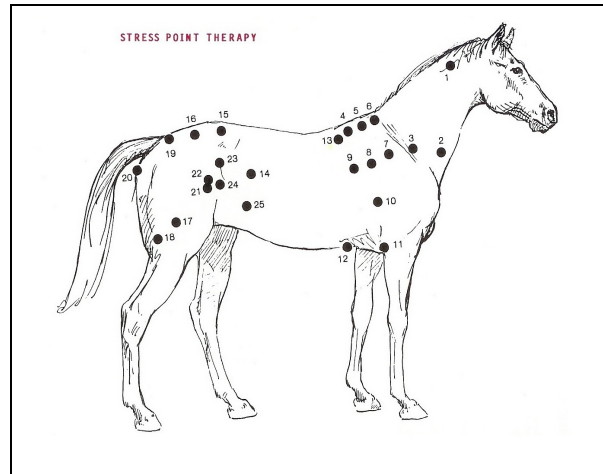
We use highly specialized equipment in our rehabilitation process such as ultrasound and photon laser. We also employ ancient methods like chiropractic and acupuncture. Despite the incredible value these modalities provide, we have not yet found a replacement for human touch. When we use the tools that God gave us in the right way, amazing things happen!

It is to this purpose that we have introduced the first holistic equine massage therapy classes in the Midwest. We teach Myofascial Release Techniques, Acupressure, and the method developed by Jack Meagher, the grand-daddy of **ESMT**, referred to as 'Stress Point Muscular Therapy'. When we learn and understand the basics of anatomy and motion, it isn't that difficult to find the areas of tension using our hands.

**Suzan Franz,**  
**Equine/Canine Physiotherapist**

## Benefits of Massage Therapy

- Promotes maximum efficiency of the muscles
- Speeds recovery from strenuous physical exertion
- Enhances tissue elasticity and joint flexibility
- Improves blood and lymph flow
- Improves the immune system
- Normalizes blocked energy flow
- Reduces the horse's level of anxiety



Muscular therapy was developed as sports therapy, in contrast to physical therapy. It is based upon why and where problems develop and upon the ability of deep massage to prevent or correct them.

Any suspected lameness problem or injury should be evaluated by your veterinarian prior to administering massage therapy to your horse

## Topics Covered

- Basic muscle anatomy
- Physiology of motion
- The 25 stress points of motion
- Identifying problem areas
- The three basic massage techniques
- Myofascial Release
- Accurate palpation to locate spasm
- Common causes of muscle/tendon/ligament injury
- Acupressure/Rain Drop Therapy

## Class Information

Three sessions are offered monthly at Levels One, Two and Three

\$350 per 2-day session  
max class size - 8 students

Each session includes textbook, printed materials and lunch

ESMT Certificate awarded upon completion of Level Three

**Indian Creek**  
**7445 Possum Hill Road**  
**Worden, IL 62097**  
**(618) 888-2880**

E-mail: [suzanfranz@yahoo.com](mailto:suzanfranz@yahoo.com)  
Website: [www.indiancreektherapy.com](http://www.indiancreektherapy.com)

## ***Recommended By***

- ❖ New Bolton Center School of Veterinary Medicine
- ❖ Dr. Dean Richardson, DVM
- ❖ Dr. Linda Harmon-Dodge, DVM, Arthur Veterinary Clinic, Arthur, IL
- ❖ Pioneer Equine Hospital, Oakdale, CA, Dr. Dave McDonald, DVM
- ❖ KAM Animal Services
- ❖ Equine Medical Associates, St. Louis, Missouri
- ❖ SIU-Carbondale Equine Science Department, Dr. Sherri King
- ❖ Illinois Quarter Horse Journal
- ❖ Illinois Thoroughbred Breeders & Owners Association
- ❖ Greenville Veterinary Clinic, Dr. Harold Bristow, DVM, Dr. Jennifer Ostrom, DVM
- ❖ Edwardsville Pet Hospital Dr. Karen VanAnRooy, DVM
- ❖ Dr. Debra Rychoff, Dr. John Hanover, DVM, Barrington Hills, IL
- ❖ Dr. Nancy Rothe, DVM, USET, Missouri
- ❖ Lincoln Animal Hospital, Jacksonville, IL, Dr. Colleen Koch, DVM
- ❖ Southwest Veterinary Clinic
- ❖ MidRivers Equine Hospital
- ❖ Immunogenic Corporation

## ***Testimonials***

*"Thanks to Indian Creek, Remmer no longer has pelvic pain and is jumping beautifully"*

**Pat and Linda Parelli,  
Parelli Natural Horsemanship**

*"I've seen what Suzie has done with my client's POA, I am a firm believer..."*

**Laurie Scoggins, Trainer, Decatur, IL**

*"Suzan's rehabilitation program and ultrasound therapy significantly hastened our colt's recovery from surgery"*

**Dr. Linda Harmon-Dodge**

*"Lucky's lameness is gone. He's much happier now"*

**Brittany Buenger, National Pony Club Games Team**

*"We are so very thankful for all your hard work and dedication. You are an incredible therapist but even more important, a great friend of the horse. You have made such a big difference in the quality of life for many horses. For this, we the owners are eternally grateful."*

**Lee Pencek, Springfield, IL**

# ***Holistic Equine Sports Massage Therapy***



***Presented By***

***Indian Creek  
Equine  
Rehabilitation  
Center***