

Performance-related hock and stifle syndrome

AND THE CHI Palm

Hock and stifle pain and the intense activities that constitute a performance horse's life seem to go hand in hand. I discuss in my manual "The Performance Horse Solution," the important role that connective tissue, or myofascial plays in the physical well-being of an equine athlete. In the hind-quarters, the connective tissue which includes tendons and ligaments, literally connects the muscles that are anchored on the pelvis with the bones of the foot and ankle. When this system is tightened due to the activities that are inherent to performance horse's life, the joints of both the stifle and hock are drawn together, only slightly, but enough to cause friction between the two bones involved. A vet's treatment involves an injection of Cortisone which only masks the pain signal for a period of time.

The acupressure treatment below eliminates this condition and to my experience, prevents it from recurring. It involves seven acupoints, three around the point of each hip and one along the spine in the depression after the last lumbar vertebrae.

Acupoint # 10 Bai Hui - masterpoint for the hind-quarters

Acupoint # 11 Gall Bladder 27 - (GB27)

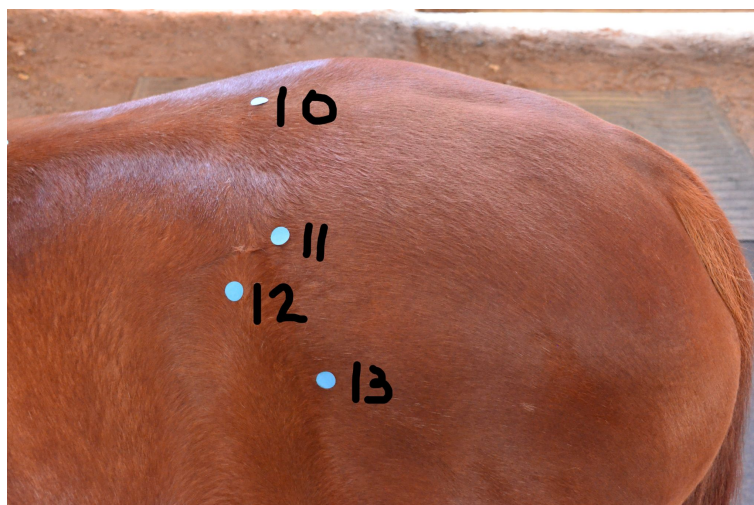
Acupoint # 12 Spleen 13 - (SP 13 - (Sp 13)

Acupoint # 13 Stomach 30 - (St 30)

Place the CHI Palm on each acupoint for one minute.

This treatment is included in the full-body acupoint treatment that can be found in my manual, but I thought it was vital to isolate this condition and treatment because it demonstrates the crucial role that the CHI Palm can play in the health and well-being of your equine athlete.

DAVID DONATHAN



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