

## **The History of Equine Sports Massage Therapy**

Therapeutic, hands-on massage has long been recognized for its ability to increase circulation, relax muscle spasm, relieve tension, enhance muscle tone and increase range of motion... to list but a few of the benefits.

In the late 1970s, Jack Meagher whose contributions to this discipline in athletics earned him the title of "Father of American Sports Massage", began applying massage techniques to thoroughbreds. The results were so outstanding that Jack soon found himself as a valued member of the U.S. Equestrian Team.

### **A Quotation We All Should Remember**

*"Whenever an animal is forced into the service of men every one of us must be concerned for any suffering it bears on that account. No one of us may permit any preventable pain to be inflicted, even though the responsibility for that pain is not ours. No one may appease his conscience by thinking that he would be interfering in something that does not concern him. No one may shut his eyes and think the pain, which is therefore not visible to him, is nonexistent."*

**--Albert Schweitzer--**

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