Media Kit

Book & Conditioning Diary
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WATER HORSE PRESS

BODY CONDITIONING for the HORSE AND RIDER

BY HEATHER WALLACE, DR. MADELYN RAUCH, AND DR. DANIELLE SHUGARD
PHOTOGRAPHY BY TARA MOORE
Introduction

With time off, many horses have corresponding muscle loss. Depending on the timeframe, there may also be compromised bone structure, misalignment, or pull on the ligaments and weakened tendons.

Most horse owners want to get back into work correctly and with proper foundation for both horse and rider. There are many reasons you and your horse may need to start a conditioning program: recovery from injury, busy work lives and no time to ride, starting a young horse, or preparing for show season after a long winter off.

We want to help you build the best foundation for long-term success together. That’s why our team consisting of a Human and Equine Chiropractor, a Human Physical Therapist focusing on equestrians, and an Equine Sports Massage Therapist and Equine Ergonomist have collaborated on this book and conditioning diary, bringing together our specialties for horse and rider.

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To request a review copy or more information please contact Water Horse Press at info@waterhorsepress.com
Build the best foundation for long-term success with your horse with the help of Heather Wallace, an Equine Sports Massage Therapist and Equine Ergonomist, Dr. Madi Rauch, a Human and Equine Chiropractor, and Dr. Danielle Shugard, a Human Physical Therapist focusing on equestrians. They bring together their specialties for horse and rider body conditioning whether you are prepping for show season, coming back from injury, or want to create a solid base for long-term health.

It’s a conditioning diary!

Learn what signs of pain to look for in your horse. Incorporate stretches into your daily routine. Find how to improve muscle tone and strength in your horse and the rider. Take notes and record your progress and your horse’s progress. Horse owners, amateurs, and professionals alike will benefit from this collaborative look at building a strong foundation for the whole body.

In this beautifully photographed book, you will learn:
- About the types of muscle and why they are essential.
- How to stretch your horse without harm to improve mobility.
- Exercises to build a solid foundation for your horse.
- How the skeletal system of the horse affects the biomechanics of movement.
- How the rider’s imbalance can create mirroring in the horse.
- Exercises for the rider to maintain strength and balance.
- A diary to track goals for both horse and rider.
- Suggested timeline and exercises.
About the Authors

Heather Wallace

Heather Wallace is a Certified Equine Sports Massage Therapist (ESMT), Certified Canine Sports Massage Therapist (CCMT), and Certified Equine Ergonomist. She has written for a variety of publications including Horse Illustrated, Holistic Horse Magazine, Chrome Magazine and Equine Info Exchange, and is the owner of Animal Bodywork and Aromatherapy based in Monmouth County, New Jersey.

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Dr. Madelyn Rauch

Dr. Madelyn Rauch is a chiropractor who graduated from Life University, and is certified by the American Veterinary Chiropractic Association (AVCA). She is a partner at Animal Bodywork and Aromatherapy based in New Jersey.

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Dr. Danielle Shugard

Dr. Danielle Shugard went to Northeastern University and graduated in 2011 with her Doctorate of Physical Therapy, a BS in Rehab Science, and a Minor in Psychology. She is the owner of DCS Physical Therapy specializing in equestrians.

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Tara Moore

Tara Moore is the creator of Farm & Fir Co. and host of the Stable Exchange Podcast. Offering photography, branding, website design, content creation, and creative consulting, Farm & Fir Co. takes the reins in helping business owners build their brand and market their business.

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