



Massage

Improving performance and enhancing recovery through the healing power of touch



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Myotherapy Center
of Oklahoma LLC

Licensed by the Oklahoma Board of
Private Vocational Schools



Equine Massage Therapy

Massage therapy for equine athletes offers various benefits that enhance their performance and overall well-being. Here are some key effects:

Muscle Relaxation:

Massage helps to relax tight muscles, reducing tension and promoting flexibility, which is crucial for athletic performance.

Improved Circulation:

It stimulates blood flow to the muscles, delivering oxygen and nutrients while facilitating the removal of metabolic waste products.

Pain Relief:

Massage can alleviate pain from muscle soreness or injuries, helping horses recover more quickly from strenuous activities.

Enhanced Range of Motion:

By loosening muscles and tendons, massage therapy can improve a horse's range of motion, leading to better performance.

Stress Reduction:

The calming effects of massage can help reduce anxiety and stress, which is particularly beneficial for competitive horses.

Injury Prevention:

Regular massage can identify and address potential problem areas before they lead to injuries, promoting long-term health.

Rehabilitation Support:

For horses recovering from injury, massage therapy can be an integral part of their rehabilitation program, aiding recovery and restoring function.

Why Choose MTCO?

- A professional and comfortable learning environment focused on holistic and innovative wellness.
- Classes taught by experienced industry professionals.
- Brand new facility with well equipped hands-on labs



A massage program developed by horse owners for horse owners.

Total Program Length 16 hours 2-weeks

- 2 hours Anatomy
- 1 hour Medical Terminology
- 1 hour Skeleton
- 1 hour Fascia
- 1 hour Movement
- 10 hours Application of Massage

