



Equine Touch

at Equitana 2008

Pic 2



Pic 1. Jock explains

Jock and Ivana Ruddock, the founders of the Equine Touch, recently joined tens of thousands of horse people at Equitana in Melbourne. The Equine Touch stand was a busy spot in Hall 3, with Jock, Ivana and a team of Australian instructors and practitioners spent four days talking to the many people who wanted to know more about this remarkable approach to soft tissue bodywork.

An unending stream of weary visitors succumbed to the invitation to take a seat and feel what Equine Touch is like for themselves, receiving some gentle bodywork on their own backs, shoulders and necks. One male Queenslander sat in the audience at one of Jock's demos and was asked if he would like to feel the move that is used on horses. Jock did a quick move on the man's neck and moved on. Later that day, his human subject arrived at the Equine Touch stand and announced that a neck problem of many years' duration had suddenly been lifted.



Pic 3

Unsurprisingly, there was a particularly large rush following Jock's daily demonstrations in the arenas. These pictures show his encounter with a Quarter Horse stallion. Without having had any prior contact with this horse, which was selected from the equine exhibitors at the event, Jock quickly identified areas of sensitivity near the wither on one side and low on the girth on the other. He then asked the handler / owner, "Do you have one leg shorter than the other?". The answer was, "No, but my wife does and she's the one who rides this horse!" Here, Jock explains how this has affected the horse. [Pic 1 Jock Explains]

In the following pictures, Jock continues to address areas of sensitivity and pain while the owner looks on. Like many owners whose horse receives its first Equine Touch session, the QH owner and audience alike were astonished at the areas of pain that were revealed. The theme in all of Jock's presentations was that by the time the human eye sees



Pic 4

the signs of pain in the horse, the problem has usually existed for weeks or even months. Horses are, of course, experts at compensating for and concealing weaknesses (the weak horse in a herd quickly becoming the dead horse....).

The decision to involve a stallion in a demo was not taken lightly – stallions can be highly reactive and unpredictable, which is not always a safe option when Jock's attention is divided between the horse and the audience.

In this instance, all went well, with the horse showing its pain but willing to be worked on. It was only afterwards that we learned the horse had tried to attack somebody the previous day.

Details of all forthcoming courses can be found on the national website www.theequinetouchaustralia.com