

4-27-2015

Horses' Responses to Receiving Masterson Method™ Integrated Equine Performance Bodywork™ Treatments

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HORSES' RESPONSES TO RECEIVING MASTERSON METHOD™ INTEGRATED
EQUINE PERFORMANCE BODYWORK™ TREATMENTS

A Capstone Experience/Thesis Project

Presented in Partial Fulfillment of the Requirements for

the Degree Bachelor of Science with

Honors College Graduate Distinction

By

Carla O. Beu

Western Kentucky University
2015

CE/T Committee:

Dr. Fred DeGraves, Advisor

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Approved by

Advisor
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ABSTRACT

This research documents the changes of comfort levels in horses resulting from receiving Masterson Method™ Integrated Equine Performance Bodywork™ treatments. The Masterson Method™ (MM) is a bodywork technique used to identify and release accumulated tension from the equine body. MM focuses on three main anatomical junctions: the poll-atlas junction, neck-shoulder-wither junction, and the sacroiliac junction. Research documentation includes pre and post treatment evaluations, the treatments, owner questionnaires, and cribbing observations. Also, all evaluation and treatment sessions were videotaped with the intent of further analysis for changes in range of motion, flexibility, and comfort level as applicable. Each horse received a minimum of two treatments one week apart with a follow-up, post-treatment evaluation a week later. Owners responded to a questionnaire before the first evaluation and after the final evaluation. Each horse was considered one case study.

Available data found on Masterson Method effects are anecdotal. This research strives to give an objective report of efficacy through thorough documentation of the pre-treatment evaluation, a record of MM techniques used during treatments, and post-treatment reports.

Keywords: Masterson Method, cribbing, bodywork, aggression, horses, lameness

Dedicated to the many ponies and people who have and will inspire and assist me along my journey of learning.

ACKNOWLEDGEMENTS

I offer deep gratitude to:

Horses for offering themselves as teachers of patience, boundaries, and the power of a healing touch.

The horses' owners for sharing their ponies and insights.

Gary Beu, for being my husband, number one fan, and a willing if also bored videographer.

Jim Masterson for developing a method that works with the horse instead of on the horse.

Dr. Fred DeGraves for being willing to take on a difficult-to-execute study while being realistic about measurable outcomes.

Professor Walker Rutledge for being an exceptional teacher of more than grammar.

Dr. Dawn Bolton and Dr. David Zimmer for their statistical knowledge, interest, and encouragement.

WKU Honors College and WKU Student Government Association for grants that helped fund training which enabled this study.

Friends, family, and WKU faculty who have encouraged me along the way.

God for graciously including horses in my life.

VITA

April 1969.....Born – Rush City, Minnesota
January 1987.....Chugiak High School,
Chugiak, Alaska
May 2010 – May 2015.....Western Kentucky University
April 2012.....Equine Myofascial Release Course
October 2013.....Masterson Method Two Day Course
May 2014.....Masterson Method Five Day Course

FIELDS OF STUDY

Major Field 1: Agriculture

Major Field 2: Management

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CHAPTER 1

INTRODUCTION

Horses work hard for people in a multitude of jobs which require athleticism, focus, and calmness. Fluid movement, and a willing attitude are difficult and sometimes impossible to access for horses which are holding stress in their bodies. Helping horses let go of tension so that they become more comfortable in their movements expands their natural athletic abilities and eases the aches and pains of use, stress, and age.

Careful reading of classic horsemanship texts reveals that massage modalities and techniques have been used on horses for centuries. As the horse has transitioned from a work animal to a recreation animal, massage has moved from the realm of talented grooms to trained, certified specialists. Currently, an internet search will yield pages of horse-massage books, schools, and practitioners. Traditional massage modalities are manual manipulations of body tissues, usually muscles and fascia. A massage practitioner is very literally working on the body, kneading, pressing, rubbing, or stroking.

Masterson Method™ Integrated Equine Performance Bodywork™ (MM) does not manually manipulate tissue in the same sense as traditional massage therapies. Instead, MM gently influences the horse and its neurological system to release muscle tension through touch, weight support, and movement. The poll-atlas junction, neck-wither-shoulder junction, and sacroiliac junction are of particular importance for equine

athletes. Therefore, MM pays particular attention to these areas of the equine body and works to maintain and improve fluid movement in these areas. (For specifics about MM techniques and protocols please visit www.mastersonmethod.com and/or buy Jim Masterson's products.)

This research documents seven case studies of horses' responses to receiving MM sessions. The intent was to obtain objective data concerning efficacy and to demonstrate that horses are able to perform their jobs better with more fluidity and ease after receiving Masterson Method™ Integrated Equine Performance Bodywork™ treatments.

All seven horses in the study had unresolved somatic issues. Four horses were lame, one had become aggressive toward people, and two were cribbers. Indeed, surprising results with the first cribbing horse prompted further investigation. All horses had received regular veterinary and farrier care with the owners striving to resolve the horses' discomforts. During the study, all horses remained in their home environments, and nothing in their routines or care was interrupted. They all lived on pastures with supplemental free-choice hay. Some horses also received 'meals' of grain or alfalfa.

This research demonstrates that in some cases MM sessions may reduce somatic pain and consequently reduce lameness, aggression, and possibly cribbing. At the conclusion of this study each horse had an improved attitude, and their individual health issues were diminished.

Preparation:

Preparation for this research included the following:

1. Attending Masterson Method™ Two Day training course in Fairfield, Iowa
October 2013
2. Augmenting a Physiology & Anatomy of Domestic Animals class Spring
semester 2014
3. Completing IRB training for ethical standards in human research 2014
4. Obtaining IRB approval of the Owner's Questionnaire form 2014
5. Completing IACUC training for ethical treatment of research animals 2014
6. Obtaining IACUC approval to conduct research using horses 2014
7. Completing Masterson Method™ Five Day training course in Mequon,
Wisconsin May 2014
8. Completing an Equinology online equine anatomy course geared toward
bodyworkers 2014
9. Identifying preliminary horses appropriate for the study

Methods:

Data include pre-session evaluations of each horse for each treatment, a record of MM techniques used in each treatment, the owners' evaluations of their horses, and cribbing observations. The owners filled out the same questionnaire prior to their horse entering the study and at the conclusion of their horse's participation in the study. All evaluations and sessions were video recorded. The recordings were reviewed to ensure accuracy of paper documentation. Unfortunately, due to the nature of horses and MM,

obtaining measurements from the video was impossible. The cribbing horses were observed three times per day for four weeks. Data were statistically analyzed descriptively.

CHAPTER 2

THE HORSES

Horse 1

Prior to entering the study, Horse 1 was being considered for euthanasia because of severe lameness. When she entered the study, she relied heavily on her left hind and right front limbs for weight bearing and balance. The right hind and left front limbs were used primarily for balance with minimal weight bearing. She was still ambulatory, but tracked crooked and carried her head to the right. She also acted aggressively when approached and groomed. Before the study began, horse 1 had bitten her owner during a grooming session. The owner reported that this horse felt threatened easily because of the lack of balance and that backing seemed especially painful for the horse. Also, horse 1 could not pick up her hind feet to back properly; she shuffled and kind of scooted backward. Horse 1 was especially vulnerable when she was forced to move backward by other horses. The owner believed that the aggressive behavior (pinning ears, kicking and biting threats) were directly related to physical pain and balance insecurity. Horse 1 lives in a pasture with two other horses. She has the least authority within the herd.

Horse 2

The owner of Horse 2 reported no aggression, lameness, or attitude issues.

Occasionally the horse appeared to have an “off” gait or shortened stride, but nothing that



interfered with her life as a pasture ornament. This horse has an equine vice called cribbing. Cribbing occurs when a horse bites down on a solid object and inhales. This gives the cribbing animal a “high” through the

Figure 1 A cribbing horse, photograph courtesy of Brenda Borden

release of endorphins. Cribbing is destructive to property and the cribber’s teeth and is

considered a very bad habit within the equine world. Some horsemen will not own a

horse with this vice. There is considerable research into the causes of cribbing;

inadequacies in the diet, boredom, and gastric ulcers are frequently cited as the driving

forces. This horse has had all of those possible causes investigated and addressed with no

change in behavior. When she entered the study, her owner estimated that 75% of her

day was spent cribbing. Horse 2 lives on a pasture with two other horses; she is second

in authority within the herd.

Horse 3

This horse was entered into the study specifically because of the results

experienced by horse 2. Horse 3 is also a cribber with owners who have investigated

every possible cause with no change in the horse’s behavior. The horse is used for trail

riding. She lives in a pasture with three other horses. She is the dominant horse.

Horse 4

Horse 4 is used for riding lessons. Early in 2014 she started expressing aggression toward students when being caught. The aggression had escalated to attempted biting and kicking during grooming and tacking. Because of horse 4's aggression, the owner has considered selling her. Horse 4 lives in a pasture with approximately 20 horses; she is one of the dominant horses.

Horse 5

A retired show horse, horse 5 is used occasionally for lessons by very timid and inexperienced riders. He has significant rheumatoid arthritis in both knees and evidence of arthritis in his hocks and all four pasterns. When the arthritis is exacerbated, he is lame. His owner monitors his use very closely in an attempt to keep him as comfortable as possible. Horse 5 is a high to middle authority horse in a pasture containing eight horses.

Horse 6

Horse 6 is also a lesson horse, but she has been out of use due to an unresolved lameness. She has had multiple veterinary and farrier visits, but no one has been able to identify the source of her pain. When first caught she was in obvious distress; however, by the time she walked to the barn and filming began, she was walking with no recognizable problems. Horse 6 lives in a pasture with approximately 20 horses; she is in the middle range of authority.

Horse 7

This horse has a very similar story to horse 6. Horse 7 has been intermittently lame for 1.5 years. Multiple farrier and veterinary visits have not revealed her pain source. She is a dominant horse in a pasture with approximately 20 horses.

CHAPTER 3

DATA COLLECTION

Overview

After identifying a possible horse and getting a verbal agreement from the owner, an appointment was set for the initial evaluation and treatment. Prior to touching the horse, the process and purpose of this research was explained to the owner in accordance with the IRB requirements. The owner then filled out a questionnaire about the horse (Appendix 23-25).

After catching the horse in its pasture, it was led to an area safe for working. This is where filming began. A volunteer filmed as the horse was evaluated for areas of discomfort and then throughout the Masterson Method session. At the conclusion of the MM session, the filming stopped and the horse was returned to the pasture.

Each horse received at least two sessions, with a final evaluation for sustained change one week later. Sessions were performed one week apart. Horses 1, 2, and 3 each received more than two sessions. Due to approaching deadlines, the other four horses only received the minimum two sessions. After the final evaluation of each horse, the owner filled out another questionnaire about the horse. “Before” and “after” questionnaires followed the same format.

All evaluations were entered into an Excel spreadsheet. Sessions were reviewed to verify MM techniques used and the order of use. These data were also entered into a

spreadsheet. Neither technique nuances nor tension releases were recorded in the spreadsheet. MM techniques and horse release patterns were not a focus of this research. At the conclusion of the study, the owner questionnaires were also entered in a spreadsheet. These spreadsheets are in the appendix.

MM Evaluations

Thirty-nine areas of the horse were palpated during an evaluation. The locations are named in the spreadsheet (appendix 26-30). According to MM protocol, a horse's response to pressure is assessed on a scale of zero to three. A zero means the horse has no adverse response to the pressure while a three indicates that the response was intense. During the evaluations, "zero," "half," "one," "two," and "three" were routinely employed. "Half" was marked when the horse responded with interest but no flinching. "One" was used when the horse moved away from the pressure with a slight flinch. When the horse reflexively moved away from the pressure, "two" was recorded. "Three" was used when the horse responded with any level of aggression. MM training teaches that one should immediately lighten the pressure as one palpates a location if twos and threes are expressed. The horse is obviously uncomfortable at that point; there is no reason to cause additional discomfort.

To get an overall indication of comfort level, each evaluation form was summed to obtain a discomfort level of the horse prior to starting the MM session. The highest summation score for an individual horse was 36.5. The median was 17, and the low was 3.0. (appendix 30)

CHAPTER 4

RESULTS

Horse 1

During her first evaluation, horse 1 demonstrated balance challenges and insecurities along with minimal expressions of aggression. During the evaluation she immediately started releasing tension. Due to her balance issues, the evaluation had to be modified as indicated in the evaluation notes. Her summation score was 7.5. A few minutes into the actual MM session she had enough endorphins released into her system that she looked and acted stoned. At the conclusion of session one, she had better balance and the aggression was gone.

For session two, her summation score was 4.5. She experienced considerable tension release and walked better with no aggression when returned to the pasture, although her balance was still impaired. Session three saw a dramatic summation score increase to 14.5. Her balance and gait had deteriorated. The owner and I suspected that there had been a pasture argument of some sort, although there were no marks on her body. Amazingly, it was during this session that this horse fully un-weighted her left hind leg for the first time.

At the fourth session, the summation score was 9.0. The owner reported that during the past week, this horse had repeatedly been observed resting the left hind leg and bearing weight evenly across the other three limbs when at rest.

At the final evaluation, horse 1 had the highest summation score to date at 23.0. However, this time there were bite marks on her ribs indicating a serious pasture argument. Most evaluation points along her ribs had a three response during the evaluation. Also, this was the first time for getting a three during an evaluation on this horse. Nevertheless, her balance had not deteriorated, and she continued to rest her left hind leg and bear weight on the right hind leg. The owner was thrilled with the improvements.

Horse 2

During her first evaluation, horse 2 expressed a summation score of 29.0. Her responses were typically ones and twos throughout. She was very fidgety throughout the session, which is an acceptable part of the tension-release process. At the second evaluation, the summation score was 17.0, a twelve-point drop from the previous evaluation.

At the next evaluation, which was supposed to be final, the owner reported that this horse's cribbing time had reduced by approximately 50%. Prior to the MM sessions, horse 2 spent most of her time cribbing while the other horses in her pasture were eating or relaxing. It was decided to continue working with this horse for another four sessions, to add in daily observations to track the cribbing, and to seek other cribbing horses for inclusion in the study.

Horse 2's evaluation three revealed a summation score of 17.5, up half a point from the previous week, an acceptable fluctuation given what was seen with horse 1.

Cribbing observations began at this point with half-hour observation periods in the morning, afternoon, and evening. Cribbing results will be discussed in a separate section.

At session four, the owner reported a leg injury a few days before, but there was nothing to indicate a session would be harmful. Her summation score rose to 23.5 points, an increase of six points. When looking at the individual palpation points, one will notice that although areas around the ribs and lumbar had increased, points along the cervical vertebrae had been consistently decreasing.

Session five saw a significant spike in the summation score to 36.5. With no bite or kick marks to prove it, the owner suspected a pasture argument. The dominant horse in this pasture can be very aggressive when she wants to be. During this evaluation, responses were recorded for areas which had only received zeros prior to this.

Session six's summation score dropped to 18.5. However, one week later the final evaluation climbed back up to 33.5. Again, the owner suspected pasture disagreements. The owner said that the dominant horse had been particularly grumpy.

Horse 3

Horse 3 was added to the study specifically to measure any changes in her cribbing habit. Her initial evaluation was a mere 8.5 with the greatest response in the hock flex at a two. The second evaluation summation score increased to 9.0, and the third increased to 10.5. The fourth summation score was also 10.5, while the final summation score was 7.0.

When looking at the individual palpation points, it is notable that the hock flex steadily decreased each session, while the hamstrings remained fairly steady. Areas

recorded on the first two sessions had zero scores by session three, but areas that had zero scores in the first two session now showed ones. In the final evaluation, horse 3's trouble areas of hamstrings and hocks recorded zeroes, but the ribs and saddle outline expressed ones.

Horse 4

The aggression of horse 4 toward people had become a critical safety issue for students and workers of a lesson facility. The owner strongly suggested caution when catching her. Horse 4 knew the researcher and showed no aggression at any time during the study, although she demonstrated her dominance toward horses which came near.

During evaluation 1, horse 4 expressed a three response at her right lumbar vertebrae and twos for the hamstrings. She had a summation score of 12.0. She readily released tension throughout the session and galloped off when released in the pasture. Galloping stretches the back muscles, especially in the lumbar region; her choosing to gallop was perceived as a good sign.

Evaluation 2 yielded a summation score of 20.0 with the right lumbar 0.5 and the left lumbar 2.0. The left lumbar had been a zero the previous week, so there was definitely a shift in this area. Also, the left hamstring reduced to one, but the right hamstring remained steady at 2.0. These changes appeared to have affected the gluteal muscles, sacrum, and ribs, as most of these points increased by one.

Horse 4's final evaluation had a summation score of 9.0. Her hamstrings were ones, and several points that had increased the week before now expressed zeroes; however, her right ribs expressed three.

Horse 5

This was the horse with significant arthritis. As expected with arthritic joints, the joints of front and back legs expressed threes and twos. His summation score on the first evaluation was 20.5. Thirteen of the points were directly related to the arthritic joints and another four points from the hamstrings which could be attributed to the hock discomfort.

The second session revealed a summation of 26.5. Joint-related areas were unchanged with exception of the left hamstring dropping to a half point and the right hock flex increasing from one to two. The significant changes appeared in the left poll and neck evaluation areas. Because horse 5 is a lesson horse for beginners, one wonders if his head was jerked during the past week.

The final summation score of 3.0 was either a sign of a miracle or misinterpretation of responses. His arthritis did not magically go away during the preceding week. Nevertheless, the owner reported that he was able to use the horse more than previously. Observation by the owner was that horse 5 did not feel worse after being used than before being used, a situation which represented a significant change in comfort level.

Horse 6

As previously mentioned, this horse expressed discomfort and distress in the pasture when first caught for evaluation, but by the time she walked to the barn, she had no obvious signs of discomfort in her gait. However, horse 6 was emphatic in her desire to prevent attention anywhere around her head, especially the poll areas. Some of the

head shyness was explained when she expressed three responses in the right poll areas and ones on the left poll areas, with ones and twos expressed on other head points and along the neck. Her first summation score was 23.0 with additional discomfort expressed in the thoracic vertebrae, hamstrings, and sacrum.

Horse 6 went up 1 point to 24.0 at the second evaluation. This time she expressed threes on both sides of the poll areas; other head points had reduced slightly; hamstrings went to zero, but lumbar expressed ones where they were zeroes. The final evaluation was a surprise with a summation score of 7.0. She still expressed threes at two of the poll areas, but all others had reduced to zeroes. The additional one point was expressed in her left front splint bones.

Horse 7

Horse 7's most expressive areas during the first evaluation were the saddle and rib areas, with threes on the left and twos and ones on the right. This was interesting considering she had been unusable for over a year. The summation score was 20.0. Other areas of concern were front splints both left and right, medial and lateral; the hamstrings; and the poll areas. During the first session, horse 7 expressed three while working around her right shoulder area.

The second evaluation revealed shifts in discomfort. Her score reduced to 17.0 with reductions in the splints, hamstrings, ribs, and saddle areas. However, there were increases in the poll and withers areas. The final summation score was 12.0. Significant changes were seen in the splints, but lingering discomfort in the ribs, saddle area, and withers. Also, for the first time she expressed a three at the poll.

The Cribbers

Horse 2 has been with her current owner seven years. During these years, horse 2 has consistently spent approximately 75% of her time at one of her chosen cribbing locations. Prior to the study's start, the owner



Figure 2 Horse 2 cribbing. Yes, she likes taking mud baths; photograph courtesy of G. M. Beu

considered it rare and notable to see horse 2 lounging or grazing with the rest of the herd.

After the second MM session, the owner of horse 2 noticed that this horse was resting and grazing with the group instead of cribbing at her post. The owner's estimation is that horse 2's cribbing time decreased by 50%. The MM sessions were the only change in this horse's life, so it was decided to continue with treatments coupled with observations to see what could be learned. The owner was able and agreed to observe the horse for 30 minutes three times daily at owner's discretion.

Horse 3 was entered into the study because she cribs and the owner was also willing and able to observe the horse for 30 minutes three times daily. Horse 3 was not the dedicated cribber that horse 2 was. Prior to the MM sessions, horse 3 grazed and rested with the herd for most of her day. However, she would spend time cribbing after and during meals and during the afternoon.

Observations began the day of horse 2’s third session and horse 3’s first session.

Observations concluded at the final evaluation. The cribbing observation form is “yes” for cribbing, “no” for not cribbing, with observations in the morning, afternoon, and evening. When looking at the form with no previous knowledge of the horses’ patterns, one observes nothing significant. Both horses continued to crib throughout the four weeks of observation.	Horse 2			Horse 3		
	Day	morning	afternoon	evening	morning	afternoon
1	yes	yes	no	no	yes	no
2	yes	yes	no	no	yes	no
3	yes	yes	yes	no	yes	yes
4	yes	yes	yes	no	no	yes
5	yes	no	yes	no	no	yes
6	yes	no	no	yes	no	yes
7	yes	yes	no	no	no	yes
8	no	yes	no	yes	no	yes
9	yes	yes	yes	no	yes	yes
10	yes	no	no	no	no	yes
11	no	no	yes	no	yes	yes
12	yes	no	yes	no	no	yes
13	yes	no	no	no	yes	yes
14	yes	no	yes	yes	no	yes
15	yes	no	yes	yes	yes	no
16	yes	no	no	yes	yes	yes
17	yes	no	no	no	yes	yes
18	yes	no	no	no	yes	yes
19	yes	yes	yes	no	no	yes
20	yes	no	no	yes	no	yes
21	yes	no	no	no	no	yes
22	yes	no	yes	yes	no	yes
23	yes	no	no	no	yes	yes
24	yes	no	no	no	no	yes
25	yes	no	no	no	no	yes
26	no	no	no	no	no	yes
27	no	no	yes	no	no	yes
28	no	no	no	no	no	yes
29	final evaluation, no observations					

Figure 3 Cribbing Observation Data

However, the data reveal that horse 2 preferred cribbing in the morning even though she received meals morning and evening. There were only four days when cribbing was observed at all observation times. Throughout the cribbing period, Horse 2 became less likely to be observed cribbing during the afternoon and evenings. Horse 3 appeared to prefer cribbing in the evening, which was when she was fed a meal. Only

once was she observed cribbing at all three observation times, but this was in line with her pattern prior to receiving the MM sessions.

Owner observations that were secondary to the cribbing observation form but bear mentioning were that horse 2 totally changed her cribbing pattern during the observation period and that horse 3 significantly changed her pattern during times of severe weather moving through the area.

Horse 2 went from being a dedicated cribber to a sporadic cribber. During the observations periods, horse 2 began including eating and lounging along with the cribbing. So, for horse 2, a “yes” to cribbing really means that at some point during the half-hour observation period, cribbing was observed. Cribbing time reduced during the study for horse 2. The owner estimates that currently horse 2 is cribbing 25% of a day.

Horse 3’s normal pattern in the evening during meals was to eat a few bites, crib 4-5 inhalations, eat a few bites, crib, and repeat. During the morning and afternoon observations, she was either cribbing or not. However, when severe weather was moving through the area, horse 3 became significantly agitated. The owner had two opportunities to observe horse 3 becoming almost frantic in her need to suck air during storms. “If it were a person, you’d think she was hyperventilating” is how the owner described the change in behavior.

Conclusion

With 39 evaluation points per horse with a response range of 0 to 3, the median for all but three evaluations was zero. It was impossible to compare horses and sessions

when the majority of median responses was zero. All of the medians above zero were for horse 2.

On her first evaluation, horse 2 had a median of 1.0, on the fifth 0.5, and on the final 0.5. These were also the evaluations when she had the highest summation scores; however, the highest median was not on the evaluation of the highest summation score.

The owner questionnaire data support that the owners saw an improvement in horse comfort levels (appendix 33-36). Horse 1's aggression decreased, her balance improved, and she could un-weight her left hind leg.

Currently, horse 4 has returned to her friendly self with students and barn workers, although she is still aggressive toward other horses. Horse 5 is able to be used several times in the lesson program without becoming miserable during or after working. Horses 6 and 7 are still lame, but are more comfortable.

A more knowledgeable and skilled MM practitioner might have used a different pattern of techniques during the sessions and thereby achieved more positive results. However, this research provides evidence that Masterson Method™ Integrated Equine Performance Bodywork™ could enable many horses to continue leading active lives. Five of the seven horses demonstrated improvement at the conclusion of their individual case studies. Although preliminary in nature, these results support conducting additional field work on the efficacy of MM on horses.

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This Masterson Method instruction manual covers all basic techniques. Step-by-step instruction are given for where, when, why, and how to apply the MM techniques.

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In essence, this is a coloring book to assist in the learning of equine anatomy.

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An explanation of joint, bone, muscle, ligament, and tendon functions using mechanical comparisons such as hinges, ball-joints, and pulleys.

Zidonis, N., Snow, A., & Soderberg, M. (1999). *Equine Acupressure: A working manual*.

Colorado: Tallgrass Publishers, LLC.

This book is an introduction and explanation of the driving concepts of Traditional Chinese Medicine and covers element theory, the meridians, and treatment patterns for common equine problems.

APPENDIX



INFORMED CONSENT DOCUMENT

Project Title:

Horses' Responses to Receiving
Masterson Method™ Integrated Equine Performance Bodywork™ Treatments

Investigator: Carla Beu WKU Honors College 270 597-9559

You are being asked to participate in a project conducted through Western Kentucky University. The University requires that you give your signed agreement to participate in this project.

The investigator will explain to you in detail the purpose of the project, the procedures to be used, and the potential benefits and possible risks of participation. You may ask any questions you have to help you understand the project. A basic explanation of the project is written below. Please read this explanation and discuss with the researcher any questions you may have.

If you then decide to participate in the project, please sign on the last page of this form in the presence of the person who explained the project to you. You should be given a copy of this form to keep.

1. **Nature and Purpose of the Project:** This project documents the changes in the movement, flexibility, and comfort levels in horses resulting from receiving Masterson Method™ Integrated Equine Performance Bodywork™ treatments. The Masterson Method™ (MM) is a touch therapy used to identify and release accumulated tension from areas in the body. Horses work hard for people in a multitude of jobs which require intense athleticism, steady focus, and calm willingness. For horses that hold stress in their bodies, fluid movement, concentration, and a willing attitude are more difficult and sometimes impossible to access. Helping the horses let go of tension so that they become more comfortable in their movements expands their athletic abilities and eases the aches and pains of age. My goal is to demonstrate that horses are able to perform their jobs better with more fluidity and ease after receiving Masterson Method™ treatments.

2. **Explanation of Procedures:** This project is a compilation of case studies. Each case study consists of a pre-treatment exam of the horse, two treatments one week apart, and a post treatment exam a week later. Treatment documentation includes a questionnaire about the horse filled out by the owner/rider, a pre-treatment exam/report, a record of treatment specifics (which MM techniques were used in what order), a post-treatment exam/report, and an owner questionnaire. The owner questionnaires will be the same pre and post treatment. Also, each horse treatment and the pre and post evaluations will be video recorded.

3. **Discomfort and Risks:** The horse will be receiving Masterson Method™ treatments. Signs of tension release include but are not limited to blinking, yawning, licking, shaking, quivering, stomping, and kicking. There are no known risks to the owner; however, some people have emotional reactions to seeing their horses release tension. Watching or not watching is the owner's choice.

WKU IRB# 14-486
Approval - 10/7/2014
End Date 4/1/2015
Expedited
Original - 6/23/2014

Treatments are done on a 'cold' horse, so there can be no activity which will elevate the horse's heart rate or respiration immediately before a treatment. Also, the day after a treatment exercise that is relaxing and encourages stretching and lengthening is best for the horse. After treatment many horses "take a nap." This is normal and to be expected.

There may be several issues affecting the horses; there are no reasons to delay normal veterinary, farrier, or other welfare treatments during this study. Masterson Method™ Integrated Equine Performance Bodywork™ is not a substitute for veterinary or farrier care.

4. **Benefits:** The potential benefits to the horse are an increase in overall welfare and improved mobility, flexibility, and movement quality. Please note that these improvements may be temporary if the cause of tension is still a factor in the horse's life. Also, the tension may be such that more than two treatments are necessary for lasting effect. The potential benefits to the owner is having a happier horse with improved mobility, flexibility and gait quality, and a possible reduction in expenses related to horse welfare.

5. **Confidentiality:** All data concerning the owner will remain confidential. Names, addresses, phone numbers, and email addresses will not be included in research documentation and will be destroyed at the conclusion of the case study. Information pertaining to the horses will be included in my Honors College thesis. Only horse data in aggregate will be reported and published in other venues.

6. **Refusal/Withdrawal:** Refusal to participate in this study will have no effect on any future services you may be entitled to from the University. Anyone who agrees to participate in this study is free to withdraw from the study at any time with no penalty.

You understand also that it is not possible to identify all potential risks in an experimental procedure, and you believe that reasonable safeguards have been taken to minimize both the known and potential but unknown risks.

Signature of Participant

Date

Witness

Date

THE DATED APPROVAL ON THIS CONSENT FORM INDICATES THAT
THIS PROJECT HAS BEEN REVIEWED AND APPROVED BY
THE WESTERN KENTUCKY UNIVERSITY INSTITUTIONAL REVIEW BOARD
Paul Mooney, Human Protections Administrator
TELEPHONE: (270) 745-2129



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Owner's Evaluation of Horse Questionnaire:

Research of Horses' Responses to Receiving Masterson Method™ Integrated Equine Performance Bodywork™

Information provided through this questionnaire will be used for statistical grouping of those study horses which have similarities. Thank you for allowing your horse to participate in this study.

Horse's (stable) Name: _____ pre / post treatment date: _____

Directions: Please fill in the blank, circle, or check as appropriate to best represent the horse named on this form. All rating scales are 1 – 5 with 1 being lowest intensity/bottom and 5 being highest intensity/top.

Lives in: stall w/turnout stall w/o turnout pasture If pastured, herd size: by self 2-5 6-10 10+ Placement in herd? (bottom) 1 2 3 4 5 (top)

Known traumas/accidents/health issues: _____

Experienced during past 6 months? Yes No Receiving treatment? Yes No

Type: _____

Issues/Behaviors		Pawing	Pulls back	Tail wringing	Left lead	Right Lead	Lead changes	Pinning ears
where expressed?	pasture							
	stall							
	grooming							
	riding							
	leading/lungeing							
Frequency of		1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
Severity of		1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
Triggers of								
Issues/Behaviors		Biting	Kicking (rear)	Striking (front)	Charging	Other		
where expressed?	pasture							
	stall							
	grooming							
	riding							
	leading/lungeing							
Frequency of		1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5			
Severity of		1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5			
Triggers of								
Corrective shoes		yes no						
Joint injections		yes no						

Additional Comments:

MM EVALUATION NOTES

Horse 1:

**will not pick up hoof, needs hoof for weight bearing & balance

Session 2: Hock Flex: lifts leg high and out causing herself to hop on right hind, but no pain response

Session 3: pasture argument? No marks on body

Session 4: Hock Flex: lifts leg high and out causing herself to hop on right hind, but no pain response

Final Eval: pasture argument? Bite marks on ribs

Horse 2:

Session 1: Cadence off with right hind

Session 4: Owner says left front leg was swollen a few days ago, believes she caught hoof and yanked it free, no visible damage

Final Eval: What happened? Pasture argument??

Horse 3:

Session 1: Hock Flex: very tight, but no pain response

Session 2: Hock Flex: tight, but no response; Neck: C4

Session 3: Hock Flex: less tight, but no response

Session 4: Hock Flex: less tight, yawn/chew releases during evaluation

Horse 4:

Session 1: All coronet bands and lateral hind cannons warm to the touch, N/S: C6/7, T1

Session 2: Top of Spine: lumbar, Neck/Shoulder: C6/7, T1

Horse 5:

Very stiff joints: knees rheumatoid arthritis, hocks/pasterns arthritis; no pain responses

Horse 6:

Session 1: missing LF shoe, head shy

Horse 7:

Session 1: 3 response when working around Right shoulder/forearm area

Session Evaluations		MM response evaluation scale: 0 - 3																
Horse		Horse 1					Horse 2						Horse 3					
Evaluation		1	2	3	4	Final	1	2	3	4	5	6	Final	1	2	3	4	Final
Poll - Front of Atlas	Left	0	0	0.5	1	0	1	0	0	1	0	0.5	1	0	0	0	0	0
	Right	0	0	0	0	0	1	0	0	0	0.5	0	0.5	0	0	0	0	0
Poll - Top of Atlas	Left	0	0	0.5	1	0	1	0	0	0	0.5	0.5	1	0	0	0	0	0
	Right	0	0	0	0	0	1	1	0	0	0.5	0.5	0.5	0	0	0	0	0
TMJ	Left	0	0	0.5	0.5	0	1	1	0	0	0	0	1	0	0	0	0	0
	Right	0	0	0	0	0	1	1	0	0	1	0	0.5	0	0	1	0	0
Neck	Left	0	0	0.5	0	0	1	0	0.5	1	1	0.5	1	0.5	0	0	0	0
	Right	0	0	0.5	0	0	1	1	0.5	1	2	0	1	0.5	0	0	0	0
Shoulder	Left	0	0	0.5	0.5	0	0	0	0	1	0	0	1	0	0.5	0	0	0
	Right	0	0	0	0	0	0	0	0	0	2	0	1	0	0	0	0	0
Withers	Left	0	0	0.5	1	2	0	1	0	0	0	0	2	0	0	0	0	0
	Right	0	0	0	0	0	2	0	0	0	1	0	2	0.5	0	0	0	0
Hoof Point	Left	1	0	1	0	3	1	1	2	2	3	1	3	0	0	0	0	0
	Right	0	0	1	0	0	1	0	2	1	3	2	3	0.5	0.5	0	0	0
Top of Spine		0.5	0	0	0	0	1	1	1	0	1	1	1	0	0	0	0	1
Saddle Outline	Left	0	0.5	2	0	3	1	1	0.5	2	2	0.5	3	0	0	0.5	1	1
	Right	0.5	0	0	0	3	2	1	2	2	1	0	2	0	0	0	0	1
Ribs	Left	0	0.5	0	0	3	0	0	1	0	3	1	3	0	0	0	1	1
	Right	0.5	0	0.5	1	3	0	1	1	2	2	0	2	0	0	0	0	1
Lumbar	Left	0	0	0	0	0.5	2	1	0	2	2	1	0	0	0	0	0	1
	Right	0	0	0.5	0	2	2	2	1	1	1	0	0	0	0	0	0	1
Gluteals	Left	0	0	0	0	0.5	0	0	0	0	0.5	0	0	0	0	0	1	1
	Right	1	0	0	0	0	3	0	1	1	1	0	0	0	0	0	0	0
Sacrum	Left	0	0	0	0	0	1	0	0	0	0.5	0	0	0	0	0	1	1
	Right	1	0	0.5	0	0	2	0	0	0	1	0	0	0	0	0	1	0
Hamstrings	Left	0	1	1	0	1	0	1	1	1	1	2	1	1	2	1	1	0
	Right	2	0	0.5	0	2	2	1	1	1	1	2	2	0	1	1	0	0
Front Splints L/M	Left	0	0	0	0	0	0	0	0	0	0	0	1	0	0	0	0	0
	Right	0	0.5	1	0	0	0	0	0	0	0	0	0	0.5	1	0	0	0
Knee Flex	Left	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	Right	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Front Pastern	Left	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	Right	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Hock Flex	Left	0	0	0	0	0	0	0	0	0.5	0	0	0	2	1	0.5	0.5	0
	Right	0	0	0	0	0	0	0	0	0	0	0	0	2	1	0.5	0	0
Hind Cannon twist	Left	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	Right	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Hind Pastern	Left	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	Right	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	sum	7.5	4.5	14.5	9.0	23.0	29.0	17.0	17.5	23.5	36.5	18.5	33.5	8.5	9.0	10.5	10.5	7.0
	median	0	0	0	0	0	1	0	0	0	0.5	0	0.5	0	0	0	0	0

Session Evaluations MM response evaluation scale: 0 - 3													
Horse		Horse 4			Horse 5			Horse 6			Horse 7		
Evaluation		1	2	Final	1	2	Final	1	2	Final	1	2	Final
Poll - Front of Atlas	Left	0	0	0	0.5	2	0	1	3	3	0.5	1	0
	Right	0	0.5	1	0	0	0	3	3	3	0	0	0
Poll - Top of Atlas	Left	0	0	0	0.5	1	0	1	3	0	0.5	1	0
	Right	0	0	0	0	1	0	3	3	0	0	0	3
TMJ	Left	0	0	0	0	0	0	1	1	0	1	0	0
	Right	0	0	0	0	0	0	2	1	0	0	0	0
Neck	Left	1	1	0	0	1	0	1	1	0	0	0	0
	Right	0	1	0	0	0	0	1	0	0	0	0	0
Shoulder	Left	1	1	0	0.5	0	0	1	0	0	0	0	0
	Right	0	1	0	0	0	0	0	0	0	0	1	0
Withers	Left	0	0	0	0	0	0	0	1	0	0	1	0
	Right	0	0	0	0	0	0	2	1	0	0	1	1
Hoof Point	Left	0	0	0	0	1	0	0	2	0	1	1	1
	Right	0	0	1	0	0	0	1	1	0	1	1	1
Top of Spine		0	1	0	0	0	0	0	0	0	0	0	0
Saddle Outline	Left	0	1	0	0	0	0	0	0	0	3	1	2
	Right	0	1	0	0	0	0	0	0	0	2	1	0.5
Ribs	Left	1	1	0	1	0	0	0	0	0	3	0	2
	Right	0	1	3	0	0	0	0	0	0	1	2	0
Lumbar	Left	0	2	0	0	0	0	0	1	0	0	0	0
	Right	3	0.5	2	0	2	0	0	1	0	0	0	0
Gluteals	Left	0	1	0	0	0	0	0	0	0	0	0	1
	Right	0	0.5	0	0	0	0	0	0	0	0	1	0
Sacrum	Left	0	1	0	0	0	1	0	0	0	0	0	0
	Right	0	0.5	0	0	0	0	0	0	0	0	0	0
Hamstrings	Left	2	1	1	2	0.5	1	2	0	0	1	1	0
	Right	2	2	1	2	2	1	2	0	0	2	1	0
Front Splints L/M	Left	0	0	0	0	0	0	1	0	1	1	0.5	0
	Right	1	0	0	0	0	0	0	0	0	2	0.5	0.5
Knee Flex	Left	0	0	0	3	3	0	0	0	0	0	0	0
	Right	0	0	0	3	3	0	0	0	0	0	0	0
Front Pastern	Left	0	0	0	2	2	0	0	0	0	0	0	0
	Right	0	0	0	2	2	0	0	0	0	0	0	0
Hock Flex	Left	0	0	0	2	2	0	0	0	0	0	0	0
	Right	0	0	0	1	2	0	0	0	0	0	0	0
Hind Cannon twist	Left	0	0	0	0	0	0	0	0	0	0	0	0
	Right	0	0	0	0	0	0	0	0	0	0	0	0
Hind Pastern	Left	0	0	0	0	0	0	0	0	0	0	0	0
	Right	0	0	0	0	0	0	0	0	0	0	0	0
	sum	12.0	20.0	9.0	20.5	26.5	3.0	23.0	24.0	7.0	20.0	17.0	12.0
	median	0	0	0	0	0	0	0	0	0	0	0	0

Session Evaluations Medians Table

Session Evaluations					
All horses			Median	Max	Min
Sums	All evaluations		17.0	36.5	3.0
		session 1	16.0	29.0	7.5
		Final	9.0	33.5	3.0
medians	All evaluations		0	3.0	0
		session 2	0	3.0	0
		Final	0	3	0

Official Masterson Pre-treatment Evaluation Form

Masterson Method Certification Field Work Case Study Evaluation Sheet



Student: _____ Case Study # _____ Session #: _____ Date: _____
 Horse: _____ Age: _____ Breed: _____ Owners Phone: _____
 Owner: _____ Owner's E-Mail: _____

Step 1 – Initial Evaluation: Mark Reactions to Palpation (current issue) with lines. Visually differentiate levels of reactivity to palpation as follows: 1 (—) 2 (---) 3 (~~~~~)
Step 2 – During Session: Note areas of Restriction (older issue) with circles. Restrictions may be found in (a) movement or (b) large Release Responses.

Left	Area	Right
	Poll – In Front of Atlas	
	Poll – On Top of Atlas	
	TMJ	
	Neck	
	Shoulder	
	Withers	
	Hoof Point	
	Top of Spine	
	Saddle outline	
	Ribs	
	Lumbar	
	Gluteals	
	Sacrum	
	Hamstrings	
	Front Splints (L/M)	
	Knee	
	Front Pastern	
	Hock Flex	
	Hind Twist	
	Hind Pastern	



Step 3 – Final Evaluation: Look at the 'whole picture' of Reactions (current issues) and Restrictions (older issues) as depicted by your lines and circles. Decide what you feel the horse's Predominant Diagonal might be or if there is an overall one-sidedness or mini-diagonals. Draw the Predominant Diagonal on the "On Top View" below with a line from the Atlas to the Gluteal or Sacrum.



FOR STUDENT LEARNING PURPOSES ONLY: This is not a veterinary assessment and is not for owner use or for distribution. The purpose of the Masterson Method is to improve movement, performance, and well-being in the healthy horse. A veterinarian should be consulted if there are any physical concerns with the horse.

May, 2014

Cribbing Observations

Cribbing horses received four MM sessions and were observed three times daily at owner's discretion. Observations began on day of first session and continued for six days after the last session.

Day	Horse 2			Horse 3		
	morning	afternoon	evening	morning	afternoon	evening
1	yes	yes	no	no	yes	no
2	yes	yes	no	no	yes	no
3	yes	yes	yes	no	yes	yes
4	yes	yes	yes	no	no	yes
5	yes	no	yes	no	no	yes
6	yes	no	no	yes	no	yes
7	yes	yes	no	no	no	yes
8	no	yes	no	yes	no	yes
9	yes	yes	yes	no	yes	yes
10	yes	no	no	no	no	yes
11	no	no	yes	no	yes	yes
12	yes	no	yes	no	no	yes
13	yes	no	no	no	yes	yes
14	yes	no	yes	yes	no	yes
15	yes	no	yes	yes	yes	no
16	yes	no	no	yes	yes	yes
17	yes	no	no	no	yes	yes
18	yes	no	no	no	yes	yes
19	yes	yes	yes	no	no	yes
20	yes	no	no	yes	no	yes
21	yes	no	no	no	no	yes
22	yes	no	yes	yes	no	yes
23	yes	no	no	no	yes	yes
24	yes	no	no	no	no	yes
25	yes	no	no	no	no	yes
26	no	no	no	no	no	yes
27	no	no	yes	no	no	yes
28	no	no	no	no	no	yes
29	final evaluation, no observations					

Horses Pre-treatment	Horse 1	Horse 2	Horse 3	Horse 4	Horse 5	Horse 6	Horse 7	Horses Post-treatment	Horse 1	Horse 2	Horse 3	Horse 4	Horse 5	Horse 6	Horse 7
Horse lives in:	pasture	pasture	pasture	pasture	pasture	pasture	pasture	Horse lives in:	pasture	pasture	pasture	pasture	pasture	pasture	pasture
herd size	2-5	2-5	2-5	10+	6-10	10+	10+	herd size	2-5	2-5	2-5	10+	6-10	10+	10+
herd placement	1	4	5	3	4	4	5	herd placement	1	4	5	5	3	4	5
Known health issues during past 6 months?	lame	no	no	no	no	lame	lame	Known health issues during past 6 months?	lame	no	no	no	arthritis	no	lame
receiving treatment?	yes	n/a	n/a	n/a	n/a	yes	yes	receiving treatment?	yes	n/a	n/a	n/a	n/a	no	yes
Corrective shoes	yes	n/a	n/a	n/a	n/a	yes	yes	Corrective shoes	yes	n/a	n/a	n/a	no	no	yes
Joint injections	no	no	no	no	no	no	no	Joint injections	no	no	no	no	no	no	no
Pawing	no	no	no	no	no	no	no	Pawing	no	no	no	no	no	no	no
Where expressed?	pasture	n/a	n/a	n/a	n/a	n/a	n/a	Where expressed?	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Where expressed?	stall	n/a	n/a	n/a	n/a	n/a	n/a	stall	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Where expressed?	grooming	n/a	n/a	n/a	n/a	n/a	n/a	grooming	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Where expressed?	riding	n/a	n/a	n/a	n/a	n/a	n/a	riding	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Where expressed?	leading/longeing	n/a	n/a	n/a	n/a	n/a	n/a	leading/longeing	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Frequency of	0	0	0	0	0	0	0	Frequency of	0	0	0	0	0	0	0
Severity of	0	0	0	0	0	0	0	Severity of	0	0	0	0	0	0	0
Triggers of	n/a	n/a	n/a	n/a	n/a	n/a	n/a	Triggers of	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Pulls Back	no	no	no	no	no	no	no	Pulls Back	no	no	no	no	no	no	no
Where expressed?	pasture	n/a	n/a	n/a	n/a	n/a	n/a	pasture	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Where expressed?	stall	n/a	n/a	n/a	n/a	n/a	n/a	stall	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Where expressed?	grooming	n/a	n/a	n/a	n/a	n/a	n/a	grooming	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Where expressed?	riding	n/a	n/a	n/a	n/a	n/a	n/a	riding	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Where expressed?	leading/longeing	n/a	n/a	n/a	n/a	n/a	n/a	leading/longeing	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Frequency of	0	0	0	0	0	0	0	Frequency of	0	0	0	0	0	0	0
Severity of	0	0	0	0	0	0	0	Severity of	0	0	0	0	0	0	0
Triggers of	n/a	n/a	n/a	n/a	n/a	n/a	n/a	Triggers of	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Tail Wringing	no	no	no	no	no	no	no	Tail Wringing	no	no	no	no	no	no	no
Where expressed?	pasture	n/a	n/a	n/a	n/a	n/a	n/a	pasture	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Where expressed?	stall	n/a	n/a	n/a	n/a	n/a	n/a	stall	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Where expressed?	grooming	n/a	n/a	n/a	n/a	n/a	n/a	grooming	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Where expressed?	riding	n/a	n/a	n/a	n/a	n/a	n/a	riding	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Where expressed?	leading/longeing	n/a	n/a	n/a	n/a	n/a	n/a	leading/longeing	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Frequency of	0	0	0	0	0	0	0	Frequency of	0	0	0	0	0	0	0
Severity of	0	0	0	0	0	0	0	Severity of	0	0	0	0	0	0	0
Triggers of	n/a	n/a	n/a	n/a	n/a	n/a	n/a	Triggers of	n/a	n/a	n/a	n/a	n/a	n/a	n/a

Horses Pre-treatment	Horse 1	Horse 2	Horse 3	Horse 4	Horse 5	Horse 6	Horse 7	Horses Post-treatment	Horse 1	Horse 2	Horse 3	Horse 4	Horse 5	Horse 6	Horse 7
Left Lead	no	no	no	no	no	no	no	Left Lead	no	no	no	no	no	no	no
expressed?	n/a	n/a	n/a	n/a	n/a	n/a	n/a	pasture	n/a	n/a	n/a	n/a	n/a	n/a	n/a
where	n/a	n/a	n/a	n/a	n/a	n/a	n/a	stall	n/a	n/a	n/a	n/a	n/a	n/a	n/a
expressed?	n/a	n/a	n/a	n/a	n/a	n/a	n/a	grooming	n/a	n/a	n/a	n/a	n/a	n/a	n/a
where	n/a	n/a	n/a	n/a	n/a	n/a	n/a	riding	n/a	n/a	n/a	n/a	n/a	n/a	n/a
expressed?	n/a	n/a	n/a	n/a	n/a	n/a	n/a	leading/longeing	n/a	n/a	n/a	n/a	n/a	n/a	n/a
where	n/a	n/a	n/a	n/a	n/a	n/a	n/a	leading/longeing	n/a	n/a	n/a	n/a	n/a	n/a	n/a
expressed?	0	0	0	0	0	0	0	Severity of	0	0	0	0	0	0	0
where	0	0	0	0	0	0	0	Severity of	0	0	0	0	0	0	0
expressed?	n/a	n/a	n/a	n/a	n/a	n/a	n/a	Triggers of	n/a	n/a	n/a	n/a	n/a	n/a	n/a
where	n/a	n/a	n/a	n/a	n/a	n/a	n/a	Right Lead	no	no	no	no	no	no	no
expressed?	n/a	n/a	n/a	n/a	n/a	n/a	n/a	pasture	n/a	n/a	n/a	n/a	n/a	n/a	n/a
where	n/a	n/a	n/a	n/a	n/a	n/a	n/a	stall	n/a	n/a	n/a	n/a	n/a	n/a	n/a
expressed?	n/a	n/a	n/a	n/a	n/a	n/a	n/a	grooming	n/a	n/a	n/a	n/a	n/a	n/a	n/a
where	n/a	n/a	n/a	n/a	n/a	n/a	n/a	riding	n/a	n/a	n/a	n/a	n/a	n/a	n/a
expressed?	n/a	n/a	n/a	n/a	n/a	n/a	n/a	leading/longeing	n/a	n/a	n/a	n/a	n/a	n/a	n/a
where	n/a	n/a	n/a	n/a	n/a	n/a	n/a	leading/longeing	n/a	n/a	n/a	n/a	n/a	n/a	n/a
expressed?	0	0	0	0	0	0	0	Severity of	0	0	0	0	0	0	0
where	0	0	0	0	0	0	0	Severity of	0	0	0	0	0	0	0
expressed?	n/a	n/a	n/a	n/a	n/a	n/a	n/a	Triggers of	n/a	n/a	n/a	n/a	n/a	n/a	n/a
where	n/a	n/a	n/a	n/a	n/a	n/a	n/a	Lead Changes	no	no	no	no	no	no	no
expressed?	n/a	n/a	n/a	n/a	n/a	n/a	n/a	pasture	n/a	n/a	n/a	n/a	n/a	n/a	n/a
where	n/a	n/a	n/a	n/a	n/a	n/a	n/a	stall	n/a	n/a	n/a	n/a	n/a	n/a	n/a
expressed?	n/a	n/a	n/a	n/a	n/a	n/a	n/a	grooming	n/a	n/a	n/a	n/a	n/a	n/a	n/a
where	n/a	n/a	n/a	n/a	n/a	n/a	n/a	riding	n/a	n/a	n/a	n/a	n/a	n/a	n/a
expressed?	n/a	n/a	n/a	n/a	n/a	n/a	n/a	leading/longeing	n/a	n/a	n/a	n/a	n/a	n/a	n/a
where	n/a	n/a	n/a	n/a	n/a	n/a	n/a	leading/longeing	n/a	n/a	n/a	n/a	n/a	n/a	n/a
expressed?	0	0	0	0	0	0	0	Severity of	0	0	0	0	0	0	0
where	0	0	0	0	0	0	0	Severity of	0	0	0	0	0	0	0
expressed?	n/a	n/a	n/a	n/a	n/a	n/a	n/a	Triggers of	n/a	n/a	n/a	n/a	n/a	n/a	n/a
where	n/a	n/a	n/a	n/a	n/a	n/a	n/a	Pinning Ears	yes	no	no	no	yes	yes	no
expressed?	yes	no	no	no	yes	yes	yes	pasture	yes	n/a	n/a	yes	yes	yes	no
where	yes	n/a	n/a	n/a	yes	yes	yes	stall	yes	n/a	n/a	yes	yes	yes	n/a
expressed?	no	n/a	n/a	n/a	no	no	no	grooming	no	n/a	n/a	no	no	no	n/a
where	yes	n/a	n/a	n/a	yes	no	no	riding	yes	n/a	n/a	yes	no	no	n/a
expressed?	n/a	n/a	n/a	n/a	no	n/a	n/a	leading/longeing	n/a	n/a	n/a	yes	n/a	no	n/a
where	n/a	n/a	n/a	n/a	yes	n/a	n/a	leading/longeing	no	n/a	n/a	yes	n/a	no	n/a
expressed?	3	0	0	5	3	4	0	Severity of	2	0	0	3	3	2	0
where	5	0	0	5	1	5	0	Severity of	2	0	0	2	1	2	0
expressed?	pain	n/a	n/a	unknown	pain	unknown	n/a	Triggers of	pain	n/a	n/a	unknown	pain	unknown	n/a

Horses Pre-treatment	Horse 1	Horse 2	Horse 3	Horse 4	Horse 5	Horse 6	Horse 7	Horses Post-treatment	Horse 1	Horse 2	Horse 3	Horse 4	Horse 5	Horse 6	Horse 7
Biting	yes	no	no	yes	no	no	no	Biting	no	no	no	no	no	no	no
pasture	yes	n/a	n/a	yes	n/a	n/a	n/a	pasture	n/a	n/a	n/a	no	n/a	n/a	n/a
stall	yes	n/a	n/a	yes	n/a	n/a	n/a	stall	n/a	n/a	n/a	no	n/a	n/a	n/a
grooming	yes	n/a	n/a	no	n/a	n/a	n/a	grooming	n/a	n/a	n/a	no	n/a	n/a	n/a
riding	n/a	n/a	n/a	yes	n/a	n/a	n/a	riding	n/a	n/a	n/a	no	n/a	n/a	n/a
leading/longeing	no	n/a	n/a	no	n/a	n/a	n/a	riding	n/a	n/a	n/a	no	n/a	n/a	n/a
Severity of	2	0	0	5	0	0	0	leading/longeing	n/a	n/a	n/a	no	n/a	n/a	n/a
Triggers of	3	0	0	4	0	0	0	Frequency of	0	0	0	0	0	0	0
Kicking (rear)	pain	n/a	n/a	unknown	n/a	n/a	n/a	Severity of	n/a	n/a	n/a	unknown	n/a	n/a	n/a
pasture	yes	no	no	yes	no	no	no	Kicking (rear)	yes	no	no	no	no	no	no
stall	yes	n/a	n/a	yes	n/a	n/a	n/a	pasture	yes	n/a	n/a	no	n/a	n/a	n/a
grooming	yes	n/a	n/a	no	n/a	n/a	n/a	stall	yes	n/a	n/a	no	n/a	n/a	n/a
riding	yes	n/a	n/a	yes	n/a	n/a	n/a	grooming	no	n/a	n/a	no	n/a	n/a	n/a
leading/longeing	no	n/a	n/a	no	n/a	n/a	n/a	riding	n/a	n/a	n/a	no	n/a	n/a	n/a
Severity of	1	0	0	5	0	0	0	leading/longeing	no	n/a	n/a	no	n/a	n/a	n/a
Triggers of	3	0	0	5	0	0	0	Frequency of	1	0	0	0	0	0	0
Striking (front)	pain	n/a	n/a	unknown	n/a	n/a	n/a	Severity of	3	0	0	0	0	0	0
pasture	no	no	no	no	no	no	no	Triggers of	pain	n/a	n/a	unknown	n/a	n/a	n/a
stall	n/a	n/a	n/a	n/a	n/a	n/a	n/a	Striking (front)	no	no	no	no	no	no	no
grooming	n/a	n/a	n/a	n/a	n/a	n/a	n/a	pasture	n/a	n/a	n/a	n/a	n/a	n/a	n/a
riding	n/a	n/a	n/a	n/a	n/a	n/a	n/a	stall	n/a	n/a	n/a	n/a	n/a	n/a	n/a
leading/longeing	n/a	n/a	n/a	n/a	n/a	n/a	n/a	grooming	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Severity of	0	0	0	0	0	0	0	riding	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Triggers of	0	0	0	0	0	0	0	leading/longeing	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Charging	n/a	n/a	n/a	n/a	n/a	n/a	n/a	Frequency of	0	0	0	0	0	0	0
pasture	no	no	no	no	no	no	no	Severity of	0	0	0	0	0	0	0
stall	n/a	n/a	n/a	n/a	n/a	n/a	n/a	Triggers of	n/a	n/a	n/a	n/a	n/a	n/a	n/a
grooming	n/a	n/a	n/a	n/a	n/a	n/a	n/a	Charging	no	no	no	no	no	no	no
riding	n/a	n/a	n/a	n/a	n/a	n/a	n/a	pasture	n/a	n/a	n/a	n/a	n/a	n/a	n/a
leading/longeing	n/a	n/a	n/a	n/a	n/a	n/a	n/a	stall	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Severity of	0	0	0	0	0	0	0	grooming	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Triggers of	n/a	n/a	n/a	n/a	n/a	n/a	n/a	riding	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Where expressed?	n/a	n/a	n/a	n/a	n/a	n/a	n/a	leading/longeing	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Frequency of	0	0	0	0	0	0	0	Frequency of	0	0	0	0	0	0	0
Severity of	0	0	0	0	0	0	0	Severity of	0	0	0	0	0	0	0
Triggers of	n/a	n/a	n/a	n/a	n/a	n/a	n/a	Triggers of	n/a	n/a	n/a	n/a	n/a	n/a	n/a

Horses Pre-treatment	Horse 1	Horse 2	Horse 3	Horse 4	Horse 5	Horse 6	Horse 7	Horses Post-treatment	Horse 1	Horse 2	Horse 3	Horse 4	Horse 5	Horse 6	Horse 7
Cribbing	no n/a	yes yes	yes yes	no n/a	no n/a	no n/a	no n/a	Cribbing	no n/a	yes yes	yes yes	no n/a	no n/a	no n/a	no n/a
expressed?	pasture stall grooming riding leading/longeing	pasture stall grooming riding leading/longeing	pasture stall grooming riding leading/longeing	pasture stall grooming riding leading/longeing	pasture stall grooming riding leading/longeing	pasture stall grooming riding leading/longeing	pasture stall grooming riding leading/longeing	expressed? where	pasture stall grooming riding leading/longeing	pasture stall grooming riding leading/longeing	pasture stall grooming riding leading/longeing	pasture stall grooming riding leading/longeing	pasture stall grooming riding leading/longeing	pasture stall grooming riding leading/longeing	pasture stall grooming riding leading/longeing
Frequency of	0	5	4	0	0	0	0	Frequency of	0	2	4	0	0	0	0
Severity of	0	5	3	0	0	0	0	Severity of	0	2	3	0	0	0	0
Triggers of	n/a	unknown	unknown	n/a	n/a	n/a	n/a	Triggers of	n/a	unknown	unknown	n/a	n/a	n/a	n/a
Lame	yes	no	no	no	yes	yes	yes	Lame	yes	no	no	no	yes	yes	yes
expressed?	pasture stall grooming riding leading/longeing	pasture stall grooming riding leading/longeing	pasture stall grooming riding leading/longeing	pasture stall grooming riding leading/longeing	pasture stall grooming riding leading/longeing	pasture stall grooming riding leading/longeing	pasture stall grooming riding leading/longeing	expressed? where	pasture stall grooming riding leading/longeing	pasture stall grooming riding leading/longeing	pasture stall grooming riding leading/longeing	pasture stall grooming riding leading/longeing	pasture stall grooming riding leading/longeing	pasture stall grooming riding leading/longeing	pasture stall grooming riding leading/longeing
Frequency of	5	0	0	0	4	5	4	Frequency of	3	0	0	0	2	4	3
Severity of	5	0	0	0	3	4	5	Severity of	3	0	0	0	1	2	3
Triggers of	unknown	n/a	n/a	n/a	arthritis	unknown	unknown	Triggers of	unknown	n/a	n/a	n/a	arthritis	unknown	unknown

Masterson Method Sessions Key

Techniques Used on Front of Horse	Abbreviation	Techniques Used on Hind Quarters of Horse	Abbreviation
Lateral Cervical Flexion	LCF	Under-tail Points	UTP
Poll Release	Hd Dn Hd Up	Sacroiliac Point	SIP
Scapula Releases	leg forward leg lateral leg back leg forward across midline leg back across midline	Hip Joint Point	HJ
	Scp RI-F	Pelvic Point	PP
	Scp RI-L	Stifle Point	SP
	Scp RI-B	Pubic Symphysis Point	PSP
	Scp RI-Fm	Farrier Position	FP
Under-Scapula Release	Scp RI-Bm	Hind-leg Release	leg forward leg lateral leg back leg forward across midline leg back across midline
Release C6/T1	U-Scp RI	Stifle-in/Stifle-out	St I/O
Withers Wiggle	C7/T1 RI	Psoas Points	Psoas
Sternum Roll	WW	Sacrum Float	SacFl
Sternum Lift	St Roll	Lateral Rocking	Lat Rk
Tongue Release	St Lft	Coronary band ending/starting pt of an acupuncture meridian	ting
TMJ Joint point	Tong		
Accordian (anywhere on horse)	TMJ		
Bladder Meridian Tracing	Acc		
R = working on right side L = working on left side	BL		
example of how to read a session:			
PSP	I am touching Pubic Symphysis Point		
L-FP	I am holding left hind leg in the Farrier Position		
L-St I/O	I am holding left hind leg in Farrier Position and moving so that the stifle is moved laterally and medially		
L-Hleg-Fm	I have set the left hind foot down with toe across midline of belly		
L-Hleg-Fm, L-SP, L-HJ	While left hind foot is across midline of belly, I am touching Left Stifle Point and Left Hip Joint		

Masterson Method Sessions				
Horse 1				
technique order	Session 1	Session 2	Session 3	Session 4
1	Hd dn	L-Scp Rl-B	Hd dn	Hd dn
2	L-LCF	L-Scp Rl-L	R-BL	L-Hd Up
3	Hd dn	L-Scp Rl-F	R-LCF	R-Hd Up
4	R-LCF	L-LCF	R-C7/T1 Rl	R-Tong
5	L-Scp Rl-F	Hd dn	L-BL	L-Tong
6	L-Scp Rl-B	L-LCF	L-LCF	R-TMJ
7	L-Hd Up	L-WW	R-LCF	L-TMJ
8	R-Hd Up	L-U-Scp Rl	R-U-Scp Rl	L-LCF
9	R-Scp Rl-F	L-C6/T1 Rl	R-C7/T1 Rl	R-LCF
10	R-Scp Rl-L	Hd dn	R-WW	R-WW
11	R-Scp Rl-B	L-TMJ	L-LCF	R-WW, R-St Lft
12	R-LCF	L-Hd Up	L-U-Scp Rl	R-St Lft
13	R-WW	R-Hd Up	L-C7/T1 Rl	R-WW
14	R-U-Scp Rl	R-Tong	R-Scp Rl-B	R-WW, R-St Lft
15	L-U-Scp Rl	L-Tong	R-Scp Rl-L	R-LCF
16	L-C7/T1	R-TMJ	R-Scp Rl-F	L-LCF
17	R-U-Scp Rl	R-LCF	L-Scp Rl-B	L-U-Scp Rl
18	R-C7/T1 Rl	R-WW	L-Scp Rl-L	R-U-Scp Rl
19	SacFl	R-Scp Rl-F	L-Scp Rl-F	L-U-Scp Rl
20	SacFl, UTP	R U-Scp Rl	R-PP	L-C7/T1 Rl
21	SacFl, L-PP	R C7/T1 Rl	R-SIP, R-PP	L-UTP, L-SIP
22	SacFl	R-Hd Up	SacFl	SacFl, UTP
23	SacFl, SIP	SacFl, UTP	Done	PSP
24	R-PP	PSP		L-SIP
25	R-PP, HJ	R-PP, R-HJ		R-SIP
26	R-FP	R-HJ		R-PP, R-HJ
27	R-Hleg-F	R-SP		R-HJ, R-SP
28	R-Hleg-L	R-FP		L-PP, L-HJ
29	R-FP	L-SIP, L-HJ		L-HJ, L-SP
30	R-St I/O	L-HP, L-PP		L- Lat Rk
31	R-FP	L-PP, L-SIP		Done
32	R-Hleg-F	L-SIP, L-SP		
33	R-SIP	L-SIP		
34	R-SIP, R-PP	Done		
35	SacFl			
36	SacFl, UTP			
37	SacFl, L-SIP			
38	SacFL, PSP			
39	L-PP			
40	L-Tong			
41	R-Tong			
42	Done			

Masterson Method Sessions						
Horse 2						
technique order	Session 1	Session 2	Session 3	Session 4	Session 5	Session 6
1	L-BL poll to loin	L-SIP	Hd dn	Hd dn	Hd dn	Hd dn
2	R-BL poll to wither	UTP	L-LCF	L-C1	L-TMJ	R-TMJ
3	Hd dn	UTP, R-PP	L-U-Scp Rl	L-U-Scp Rl	R-Hd Up	L-TMJ
4	R-BL wither to loin	UTP	L-C7/T1	L-Scp Rl-F	L-TMJ	R-TMJ
5	L-BL loin to ting	SacFl	L-Scp Rl-B	L-Scp Rl-L	L-BL poll to midback	R-Tong
6	R-Scp Rl-B	SacFl, UTP	L-Scp Rl-L	L-St Lft	R-TMJ	L-Tong
7	R-Scp Rl-F	SacFl, L-Psoas	L-Scp Rl-F	L-Scp Rl-F	R-C1	R-Tong
8	R-Scp Rl-L	SacFl	L-WW	L-St Lft	R-C1, R-TMJ	R-Hd Up
9	R-U-Scp Rl	PSP	L-Hd Up	L-St Roll	R-BL poll to midback	R-LCF
10	R-Scp Rl-B	R-FP	L-St Lft	L-Scp Rl-B	L-BL withers to hip	L-LCF
11	UTP	R-Hleg-F	L-TMJ	L-Scp Rl-L	L-BL hip to hock, L-PP	R-U-Scp Rl
12	UTP, SacFl	R-Hleg-Fm	L-Tong	L-Scp Rl-F	R-BL withers to hip	L-Scp Rl-B
13	UTP	UTP, SacFl	Hd dn	L-St Lft	L-BL hock to Ting	L-Scp Rl-L
14	L-SIP	SacFl, PSP	R-TMJ	L-LCF	L-BL Ting, L-SP	L-Scp Rl-F
15	R-SIP	L-FP	Hd dn	L-C1	L-BL Ting, L-BL 40	L-WW
16	R-PP	L-Hleg-Fm	R-LCF	L-C1/C2, Hd dn	L-BL 40 to Ting	L-WW, L-St Lft
17	R-PP, R-HJ	L-Scp Rl-F	L-Hd Up	Hd dn	L-WW	L-St Lft, L-PP
18	L-PP, L-HJ	L-Scp Rl-L	Hd dn	L-TMJ	L-LCF	L-PP, L-SIP
19	R-FP	L-Scp Rl-B	R-Hd Up	Hd dn, L-C7	R-LCF	L-SIP, L-SP
20	R-Hleg-F	Hd dn	R-LCF	Hd dn, L-C5	L-St Lft	L-SP, L-HJ
21	R-St I/O	L-TMJ	R-Scp Rl-B	L-C4, L-SIP	R-St Lft	L-HJ
22	R-Hleg-Fm	Hd dn	R-Scp Rl-F	L-PP	R-St Roll	L-HJ, SacFl
23	R-Hleg-Fm, L-Psoas	L-LCF, L-C2	R-Scp Rl-L	L-PP, L-SIP	SacFl	SacFl, UTP
24	R-Hleg-Fm, L-SP	R-LCF, R-C2	R-U-Scp Rl	SacFl, UTP	SacFl, UTP	PSP
25	R-Hleg-B	L-C1	R-C7/T1	UTP, PSP	R-FP	L-FP
26	R-Hleg-F, L-SP	L-Tong	R-U-Scp Rl	L-HJ, L-SP	R-St I/O	L-St I/O
27	L-FP	R-Tong	R-St Lft	R-HJ, R-SP	R-PP	L-Hleg-Fm
28	L-Hleg-F	L-WW	UTP	R-SP, R-PSI	R-Hleg-Fm	L-Hleg-Fm, L-SP, L-HJ
29	L-Hleg-L	R-Scp Rl-F	SacFl, R-SIP	R-Psoas, R-PP	R-Hleg-L	L-Hleg-Fm, L-HJ
30	L-Hleg-Fm	R-Scp Rl-L	SacFl, L-HJ	R-PP	R-Hleg-Fm	L-Hleg-Fm, L-SIP
31	L-Hleg-Fm, L-SP	Done	SacFl, L-SIP	R-FP	R-Psoas	R-Scp Rl-B
32	Done		UTP	Done	L-FP	R-Scp Rl-L, R-St Lft
33			R-PP		L-St I/O	R-Scp Rl-L, R-St Roll
34			R-PP, R-HJ		L-Hleg-Fm	R-FP
35			R-SP		L-Hleg-Fm, L-SP	R-Hleg-Fm
36			R-FP		L-Hleg-Fm, Acc gaskin to thigh	R-PP
37			R-St I/O		L-Lat Rk	SacFl, UTP
38			L-PP		L-Hleg-F	R-PP, R-HJ
39			L-PP, L-HJ		L-Hleg-L	R-SIP
40			L-PP, L-SIP		L-Hleg-F	Done
41			L-PP, L-Psoas		L-Hleg-B	
42			L-Hleg-Fm		L-Hleg-L	
43			L-Hleg-Fm, L-SP		SacFl	
44			L-SP, L-HJ		SacFl, L-Psoas	
45			L-Lat Rk		R-Hd Up	
46			R-Hd Up		R-LCF	
47			Hd dn		R-U-Scp Rl	
48			R-LCF		L-LCF	
49			R-C7/T1		L-U-Scp Rl	
50			L-LCF		L-C7/T1	
51			L-C7/T1		Done	
52			Hd dn			
53			Done			

Masterson Method Sessions				
Horse 3				
technique order	Session 1	Session 2	Session 3	Session 4
1	R-Scp Rl-B	Hd dn	Hd dn	Hd dn
2	R-Scp Rl-L	L-LCF	R-TMJ	L- Hd Up
3	R-Scp Rl-F	L-Scp Rl-F	L-TMJ	R- Hd Up
4	R-Scp Rl-Fm	L-Scp Rl-B	L-LCF, C1	Hd dn
5	Hd dn	L-Scp Rl-L	R-LCF	L-TMJ
6	R-BL poll to withers	L-Scp Rl-L,Acc	R-Scp Rl-B	Hd dn
7	L-BL poll to withers	L-Scp Rl-L, St Lft	R-Scp Rl-B, R-St Lft	L-LCF
8	L-LCF	L-U-Scp Rl	R-Scp Rl-L	L-C2
9	R-LCF	L-LCF, C3	R-Scp Rl-F	R-TMJ
10	L-LCF	L- C1, L-WW	L-Scp Rl-B	R-C1
11	R-LCF	R-C1	L-Scp Rl-B, L-St Lft	Hd dn
12	L-Scp Rl-B	R-C2	L-PP, L-HJ	R-LCF
13	L-WW	R-Scp Rl-B	L-SIP	Hd dn
14	L-Hd Up	R-Scp Rl-L	L-SIP, L-SP	R-Scp Rl-B
15	L-Tong	R-Scp Rl-L, Acc*	R-HJ, R-PP	R-Scp Rl-B, R-St Lft
16	L-TMJ	R-Scp Rl-L, R-St Lft	R-SIP	R-Scp Rl-L
17	R-Tong	R-Scp Rl-F	SacFl	R-Scp Rl-L, R-St Lft
18	L-HP, L-PP	R-U-Scp Rl	SacFl, UTP	R-Scp Rl-F
19	L-FP	R-Hd Up	SacFl, PSP	L-Scp Rl-B
20	Done	R-Tong	L- Lat Rk	L-Scp Rl-B, L-St Lft
21		L-TMJ	Acc Left Hip	L-Scp Rl-L
22		R-TMJ	L- Lat Rk	L-Scp Rl-L, L-St Lft
23		R-PP	L-FP	L-Scp Rl-F
24		UTP	L-Hleg-F, L-SP	L-St Lft
25		SacFl	L-Hleg-B	R-St Lft
26		R-HJ, R-PP	L-Hleg-B, SP	Done
27		R-PP	L-Hleg-B, Psoas	
28		R-SP, R-HJ	R-FP	
29		L-PP, L-HJ	R-LCF	
30		L-FP	L-LCF	
31		Done	SacFl, SIP	
32		*Acc Shoulder/forearm	R-LCF	
33			R-U-Scp Rl	
34			L-LCF	
35			L-U-Scp Rl	
36			Hd Dn	
37			Done	

Masterson Method Sessions					
		Horse 4		Horse 5	
technique order	Session 1	Session 2	Session 1	Session 2	
1	Hd dn	Hd dn	Hd dn	Hd dn	
2	R-LCF	L-LCF	L-SIP	L-UTP	
3	L-LCF	L-Scp RI-B	L-BL poll to withers	SacFl, SIP	
4	R-U-Scp RI	L-Scp RI-L	R-BL poll to withers	SacFl, UTP	
5	R-C7/T1 RI	R-Scp RI-B	L-BL withers to hip	UTP, R-SIP	
6	R-Scp RI-F	L-LCF	R-BL withers to hip	R-SIP	
7	R-Scp RI-L	SacFl	L-BL withers to hock	R-HJ, R-PP	
8	R-Scp RI-B	SacFl, L-SIP	Hd dn	R-PP, R-SP	
9	Hd dn	SacFl	R-BL withers to hip	R-SP, R-HJ	
10	L-LCF	R-LCF	R-BL hip to ting	L-SIP, L-PP	
11	Hd dn	Hd dn	R-HJ	L-PP, L-HJ	
12	L-LCF	R-LCF	L-LCF	PSP	
13	R-LCF	R-Hd Up	L-TMJ	PSP, L-SIP	
14	R-U-Scp RI	R-Scp RI-F	L-LCF	R-Hleg-B	
15	R-LCF	R-Scp RI-Fm	R-LCF	R-Hleg-B, R-PP	
16	L-U-Scp RI	R-Scp RI-L	Hd dn	R-Hleg-B, R-SIP	
17	L-C7/T1 RI	R-Scp RI-L, R-St Lft	R-TMJ	L-Hleg-B, L-SIP	
18	L-U-Scp RI	R-St Roll	Hd dn	L-FP	
19	L-Scp RI-F	R-Scp RI-B	R-TMJ	L-Hleg-Fm	
20	L-Scp RI-Fm	R-Scp RI-L	R-Tong	Psoas	
21	L-Scp RI-B	SacFl, R-PP	L-Tong	L-FP	
22	L-Scp RI-L	L-Psoas	Hd dn	L-St I/O	
23	L-St Lft	L-Psoas, L-SP	Done	R-FP	
24	L-St Roll	R-PP, R-SP		R-St I/O	
25	L-SIP	R-SP, R-HJ		L-Hleg-B, SP	
26	L-SIP, L-PP	L-Psoas, L-HJ		R-FP	
27	R-SIP	L-SIP, PSP		R-St I/O	
28	R-SIP, UTP	SacFl, PSP		R-Hleg-Fm	
29	SacFl	SacFl, L-PP		R-Hleg-Fm, R-PP, R-SP	
30	SacFl, R-Psoas	R-FP		R-FP	
31	SacFl, L-SP	R-Hleg-Fm		R-St I/O	
32	SacFl, L-Psoas	R-Hleg-Fm, R-Psoas		R-Hleg-L	
33	SacFl, L-PP	R-Hleg-Fm, R-SP		R-St Lft	
34	L-FP	L-FP		R-Scp RI-F	
35	L-Hleg-F	L-Hleg-Fm		Hd dn	
36	L-Hleg-B	L-Hleg-Fm, L-Psoas		R-St Lft	
37	R-FP	L-Hleg-Fm, L-PP		L-St Lft	
38	R-Hleg-Fm	R-Hleg-B		L-Scp RI-F	
39	R-Hleg-Fm, R-SP	R-FP		R-LCF	
40	R-Hleg-B	R-Hleg-L		Done	
41	R-Lat Rk	R-Hleg-L, R-SP			
42	R-SIP	R-St I/O			
43	R-FP	R-Tong			
44	R-St I/O	R-TMJ			
45	R-Hleg-F	L-TMJ			
46	R-Hleg-F, R-SP	L-Hd Up			
47	R-SP	R-Hd Up	40		
48	Done	Done			

Masterson Method Sessions				
technique order	Horse 6		Horse 7	
	Session 1	Session 2	Session 1	Session 2
	1	Hd dn	Hd dn	Hd dn
2	R-BL poll to withers	L-Scp Rl-F	SacFl	L-St Lft
3	L-TMJ	L-Scp Rl-B	SacFl, UTP	L-Scp Rl-F
4	R-BL withers to ting	L-Scp Rl-L	SacFl	L-Scp Rl-B
5	R-LCF	L-LCF	L-TMJ	L-Scp Rl-L
6	L-TMJ	R-LCF	L-LCF	L-U-Scp Rl
7	L-BL poll to ting	R-Scp Rl-F	R-TMJ	L-C7/T1 Rl
8	UTP	R-Scp Rl-L	L-Tong	L-U-Scp Rl
9	SacFl	R-Scp Rl-L, R-St Lft	R-Tong	L-C7/T1 Rl
10	SacFl, L-SIP	R-Scp Rl-B	R-LCF	L-LCF
11	SacFl	R-Scp Rl-L	R-SIP	L-Hd Up
12	SacFl, L-PP	R-St Lft	R-SIP, R-Psoas	R-LCF
13	L-PP, L-HJ	R-WW	R-SIP, R-PP	R-U-Scp Rl
14	UTP, R-PP	R-St Roll	R-Scp Rl-F	R-C7/T1 Rl
15	R-PP, R-HJ	R-SIP	R-Scp Rl-B	R-U-Scp Rl
16	R-SIP	SacFl	R-St Lft	R-Scp Rl-F
17	R-SIP, R-PP	SacFl, R-PP	R-WW	R-St Lft
18	R-SIP	SacFl, UTP	R-St Roll	R-Scp Rl-F
19	R-St Lft	R-Lat Rk	R-WW, R-St Lft	R-WW
20	L-St Lft	PSP	R- Lat Rk	R-St Roll
21	L-WW	PSP, R-SP	L-St Lft	R-LCF
22	L-WW, L-St Lft	PSP, R-PP	L-St Roll	R-Hd Up
23	L-Lat Rk	R-HJ, R-PP	L-Scp Rl-B	R-WW
24	R-Scp Rl-F	R-HJ, R-SP	L-Scp Rl-L	R-St Roll
25	R-Scp Rl-L	R-FP	L-Scp Rl-F	R-Scp Rl-B
26	R-Scp Rl-B	R-Hleg-B	L-Scp Rl-Fm	R-Scp Rl-B, Acc*
27	R-Scp Rl-Fm	L-SIP	R-Scp Rl-B	SacFl
28	R-Scp Rl-L	R-SIP	R-Scp Rl-F	SacFl, R-SIP
29	R-LCF	L-FP	R-Acc Forearm	SacFl, R-PP
30	L-LCF	L-St I/O	L-Psoas	R-HJ
31	L-St Roll	L-Hleg-Fm	Hd dn	R-HJ, R-SIP
32	R-U-Scp Rl	L-Hleg-Fm, L-SIP	Done	R-FP
33	L-C1	L-Hleg-Fm, L-PP, L-HJ		R-St I/O
34	L-LCF	L-WW		L-FP
35	Hd dn	SacFl, L-SIP		L-St I/O
36	L-Scp Rl-F	L-St I/O		Hd dn
37	L-Scp Rl-L	L-Hleg-B		Done
38	L-St Lft	R-Hleg-B		
39	Hd dn	R-Hleg-B, R-SP		*Acc shoulder to fetlock
40	Done	R-Hleg-B, R-SP, R-HJ		
41		R-Hleg-B, R-HJ, R-PP		
42		R-Hleg-B, R-HJ, R-SIP		
43		R-Hleg-L		
44		R-Hleg-F		
45		R-Hleg-Bm		
46		R-Hleg-Bm, R-SP, R-SIP		
47		R-Hleg-Bm, R-SP		
48		R-St Lft		
49		Hd dn		
50		L-St Lft		
51		L-Tong		
52		R-Tong		
53		R-TMJ		
54		L-TMJ		
55		Hd dn		
56		Done		