

# The Winning Edge

**Equi-Tape is proving the merits of kinesiology taping to many performance-oriented equestrians.**

Every athlete looks for that winning edge. In the equestrian community, where horses compete for ribbons and money, savvy equine enthusiasts quickly avail themselves of the latest modality, technique or supplement, intended to help them find that edge. Unfortunately, often times, their new undertaking turns out to be nothing but hype. However, on other occasions, they are fortunate enough to discover something which can offer improved training benefits, faster recovery time from exercise and injury, and offer them that winning edge. Equestrians are now claiming that equine kinesiology taping might just be that edge.

Taken from human athletics, where Olympians and professional athletes worldwide are using the tape successfully, Equi-Tape®, the first kinesiology tape developed for the equine athlete, has led the effort crossing over to the equestrian community to help sport horses of all disciplines train harder and recover quicker. Many owners and trainers have seen the astounding results, while professional equine practitioners who have added the Equi-Taping® modality to their respective practices have seen first-hand, the effect of equine taping.

Dr. Beverly Gordon, human and equine chiropractor, began taping horses in early 2005. "My background is in exercise physiology and biomechanics, and I am a rider," she explains. "With the equine biomechanical evaluations I've done and the fact that I have experienced great success using elastic kinesiology tape on humans, it was natural to crossover to horses." Working with horses, Dr. Gordon says she's found Equi-Taping technique effective on many conditions such as speeding healing, relaxing tight muscles and supporting joints.

It is interesting to note that the benefits of kinesiology tape are derived directly from its application; it contains no medicine. The key to its success lies in its elasticity and structure, the manner in which it adheres to the body, and the method and technique of the application. The benefits derived from any given taping application will determine the physiological goal desired, such as decreasing inflammation or relieving muscle spasm. This can often be confusing, as kinesiology taping is unique in its mode of action on the body.

Depending upon the application of the tape, the overall effect is designed to decrease pain and increase lymph and blood circulation. Equi-Tape is specially designed for the equine and can also be used to relax tight and tense muscles, assist weak muscles, support joints, tendons and ligaments, as well as decrease swelling. Furthermore, because of the tape's elasticity, it allows for full range of motion. Equi-Taping is a valuable modality which should be included in equine training and health care regimens.

Equine sports massage therapist Jeff Moore, who is a certified Equi-Taping practitioner and owner of Equine Rehab & Therapy, is a huge fan of the tape's influence on the body.

"Proprioception is the body's way of knowing where it is in time and space. In order for a horse to compete at its best, its brain must fire its muscles in the correct sequence. That coordination is the difference between an average competitor and a champion." Using what he calls kinetic taping protocols intended to modify movement, Moore has found that application techniques using Equi-Tape in combination with the correct taping methodology is beneficial in facilitating muscles to fire in a more efficient manner. Jeff works with both show and trail horses, and helps trainers maximize their horses' performance potential by including Equi-Taping in their training and health care programs.

Article provided by Equi-Tape®. To learn more, visit [www.equi-tape.com](http://www.equi-tape.com). For equine professionals, please refer to the practitioners' content for up-to-date information on certification courses. Additional information can also be found at [www.TheHorseinMotion.com](http://www.TheHorseinMotion.com).

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