EQUINE EXCELLENCE:

The CHI Palm Performance Horse Solution

By David Donathan; Photos by Rickie Londe Swink

The Performance Horse Solution Using the CHI Palm

"Wingz" – Horse / Patient

Written by David Donathan

Photos by Rickie Londe Swink

To order your **CHI Palm** call **800.682.7061** or visit **https://chi.us**

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IT'S THE

BODY

STUPID!

Horses were not made to be ridden. They were made to run from predators. They can carry humans but their bodies pay a price. Performance horses pay an especially high price. We ask these horses to perform difficult and precise maneuvers usually under a time constraint. These activities, over time, cause the horse's myofascial or connective tissue to tighten throughout the horse's body. This leads to a condition I refer to as 'too sore to touch.' Even brushing causes an uncomfortable reaction.

What is myofascial?

The myofascial or connective tissue, is a multi-layered body wrapping or web that is woven in layers throughout the body. Its components are collagen, elastin, and polysaccharide gel complex. When the fascia is irritated it contracts and twists and turns throughout the body. The fascia becomes rigid and loses its flexibility. Fascia reorganizes itself along the lines of tension created and imposed by pain on the body providing support and protection from further trauma. Based on those patterns layers of fascia start to glue themselves together resulting in fascial knots. Over time this phenomenon alters the gait, flexibility and muscle power of the animal. The formation of elastic and collagen fiber cross links within the fascia is often seen following a trauma, a mechanical irritation or inflammation. These cross links form restrictions at the nodal points where various layers of fascia are designed to glide over each other. This affects a horse's gait which in turn affects its performance. Sometimes overtraining or under training schedules result in an imbalance in the muscle groups of the horse. This in turn leads to strains or tears, especially during quick acceleration, deceleration or strong pushes. The pain triggered by such strains or tears will affect the entire fascia system as the animal will compensate in order to avoid the pain and maintain optimal performance.

What is acupressure?

Acupressure connects you and your horse with thousands of years of natural healing. The source of acupressure lies in traditional Chinese medicine. (TCM) TCM treats the mind, body and spirit as a single entity in harmony with itself and the environment. The Chinese view the body, human or equine, as an intricate, integrated and independent system in which all aspects of life are intimately intertwined. Health occurs when the body essence, body energies and the spirit are in harmony and balance with internal and external elements. The cornerstone of TCM is the life force energy called Chi. Eastern thought believes chi pulses through all life forms and is present in all of nature. Chi can be thought of as a wavelength that exists in different densities.

In a healthy body Chi passes through the channels known as meridians in a self-regulating balance of Yin and Yang. In an unhealthy body yin and yang are out of balance which may cause a physical symptom to arise if the imbalance is not resolved quickly. In a healthy body chi passes through the channels known as meridians in a self-regulating 77 harmonious flow. The meridians are a network like channel system that transports chi to all areas of the body supplying life force energy. These pathways link the internal organs with the exterior of the body. Acupressure treatments can restore the balance of yin and yang in your horse's body thus promoting healing.

In China the most revered people are those referred to as Qi-Gong masters. These individuals through a type of meditation are able to affect the blocked chi in the meridians with their hands. Beijing University studied these people in the early 1990s and discovered that they were emitting low frequency sound waves from their fingertips. These sound waves in the alpha range are also referred to as infrasonic sound waves.

What is the CHI PALM?

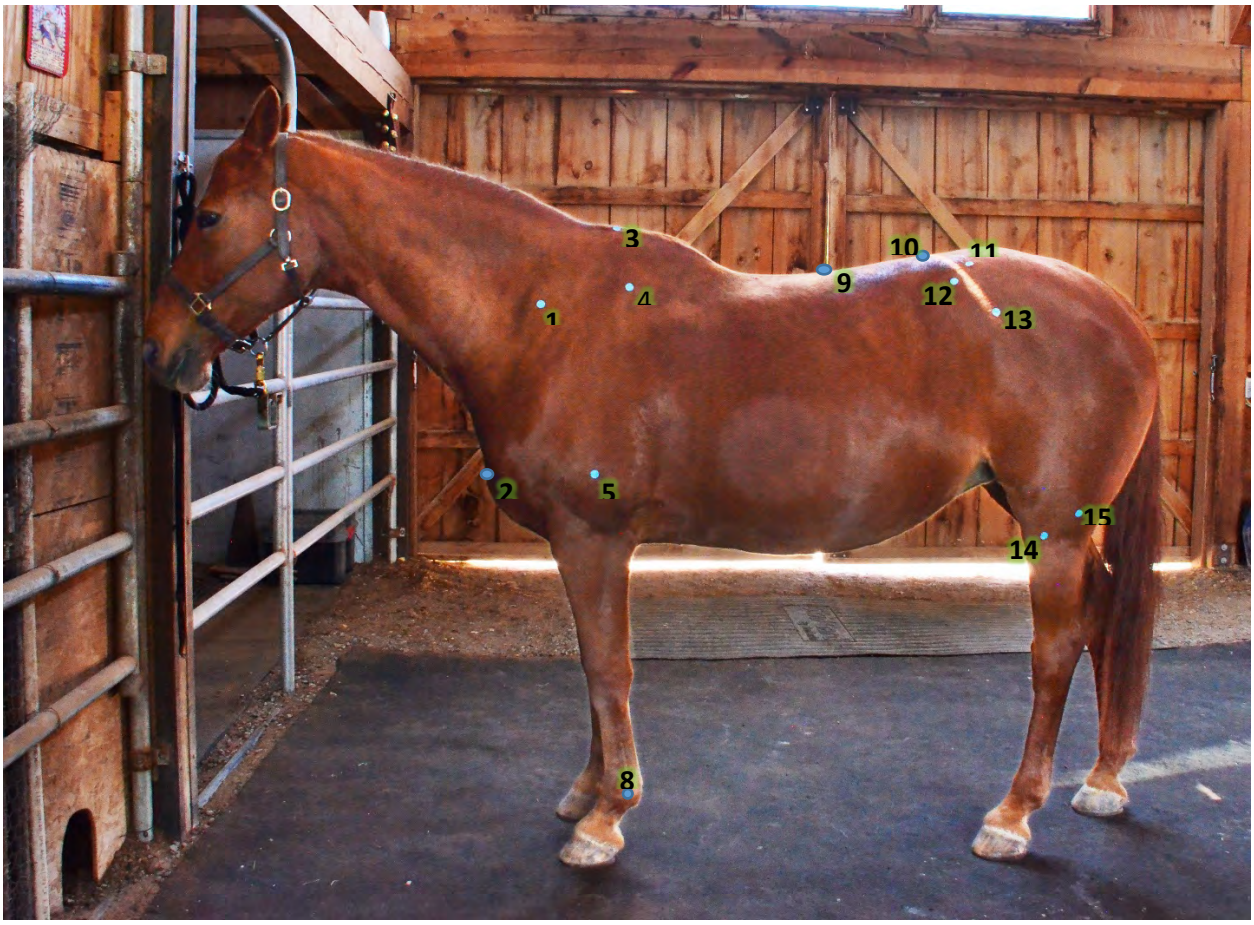
The CHI PALM, developed by the CHI Institute, emits these same sound waves. It clears the blockages in the meridians that are located at what are called acupoints.

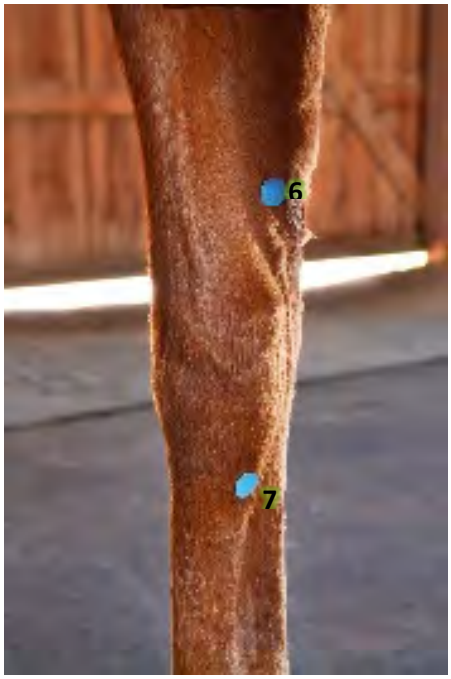
Freed up to get fit!

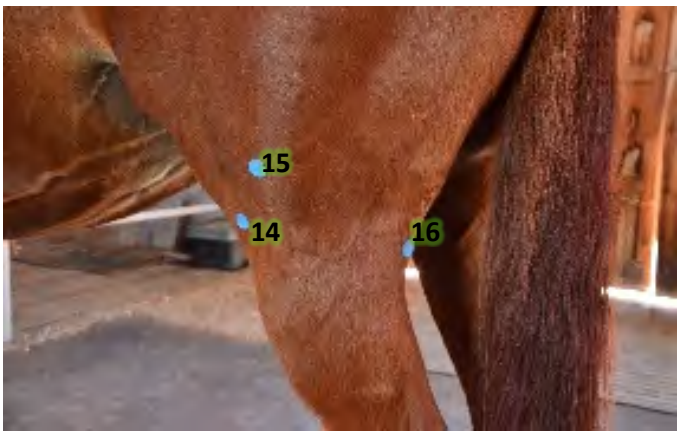
Many years ago while I was training thoroughbreds in Kentucky I stabled at several training centers that used exercise wheels to train horses. Horses that had a treatment with a CHI machine jogged at the front screen wanting the system to go faster. Horses that had not had a treatment jogged just in front of the rear screen that was electrified to keep them moving. Fitness is the foundation of a performance horse. If a horse's body is already compromised it struggles to get fit. There is a condition called proprioceptive facilitation. This is what a body does to compensate for sore muscles. When a muscle has a micro spasm or worse it sends a signal to the brain which in turn signals surrounding muscles to take over the injured muscles workload. These muscles then get sore themselves. A horse needs to be completely freed up to begin to get fit. Jogging is an aerobic way to gently exercise all the muscles in the body. Using the CHI PALM weekly on the acupoints in this manual keep the horse's body freed up while you are conditioning the muscles. Eventually your athlete is fit and can begin to practice the discipline you have chosen. This usually takes three to four weeks.

ACUP0INTS

Directions: Place the Chi Palm on each acupoint for one minute. Do the points on both sides of horse.







1.) Gall Bladder 21
2.) Triple Heater 14
3.) Governing Vessel 14
4.) Small Intestine 11
5.) Small Intestine 9
6.) Pericardium 6
7.) Large Intestine 4
8.) Small Intestine 3
9.) Governing Vessel 8
10.) Bai Hui
11.) Gall Bladder 27
12.) Spleen 13
13.) Stomach 30
14.) Stomach 36
15.) Gall Bladder 34
16.) Bladder 40

1. **<u>Gall Bladder 21 (GB 21)</u>** Located in the center of the front edge of the scapula. This reduces neck and shoulder pain, softens hard, tense muscles and reduces hock pain.

2. <u>Triple Heater 14 (TH 14)</u> Just inside the point of the shoulder. This reduces arthritis and pain in the shoulder, forelimbs and helps with stomach disorders.

3. <u>Governing Vessel 14 (GV 14)</u> Just in front of the highest point of the withers. This helps with cervical problems, forelimb disorders, heatstroke, back pain, coughs, colds and also enhances immune system efficiency.

4. <u>Small Intestine 11 (SI 11)</u> Located behind the ridge of scapula cartilage, feel for a depression. This helps forelimb pain, arthritis of the shoulder joint and general shoulder pain.

5. **<u>Small Intestine 9 (SI 9</u>**) Located backside of the deltoid in the visible circular depression. Helps with rheumatism and arthritis of the forelimb.

6. **<u>Pericardium 6 (Pe 6)</u>** On the inside of the front leg directly in front of the chestnut. This point helps with the heart, throat, chest and shoulder, gastritis and emotional imbalance. This is a powerful anxiety reducer.

7. **<u>Large Intestine 4 (LI 4)</u>** Located in the middle of the curve on the inside of the front leg just below the knee. This point relaxes tendons and ligaments.

8. **<u>Small Intestine 3 (SI 3)</u>** Located in rear corner on outside of the fetlock/ankle over the vein. Feel for the bone. This helps with arthritis of the fetlock, tendonitis, bucked shins, and is a powerful point for shoulder problems.

9. <u>Governing Vessel 8 (GV 8)</u> Located on center of the back where the arch of the last rib intersects the spine. Relieves muscle spasms, contractions, tremors and convulsions.

10. <u>Bai Hui:</u> The depression between the lumbar and sacral vertebrae, run finger along spine to feel the depression. This is the master point for the hindquarters. It helps with arthritis of the hip joint, aids in heatstroke, overexertion and colic.

11. <u>Gall Bladder 27 (GB 27)</u> Inside edge of the tuber coxae point of the hip. Helps with hock pain.

12. <u>Spleen 13 (Sp 13)</u> Look for the cowlick at the top of the flank. It is directly in front of tuber coxae. This helps with pain in the lower back, hip, loins and stifle. Also assists with infertility.

13. **Stomach 30 (ST 30)** Located directly below lower end of tuber coxae. Helps with stifle pain, abdominal pain, irregular estrous cycles and impotence.

14. **Stomach 36 (ST 36)** Located on the frontal outside of the hind leg on the tibia crest there is a bump. Helps with tibia, fibula and stifle pain, gastrointestinal disorders, fever, anorexia and lethargy.

15. <u>Gall Bladder 34 (GB 34)</u> Located at the middle outside of the hind leg just in front of and below the prominent upper position of the fibula. Helps with weakness and pain the hind limb and lumbar spine. Also helps with stifle pain, gastrointestinal upset and tendonitis.

16. <u>Bladder 40 (BL 40</u>) Located in the middle of the curve at the bottom of the hip. Helps with arthritis of the stifle, hip and lumbar back pain.

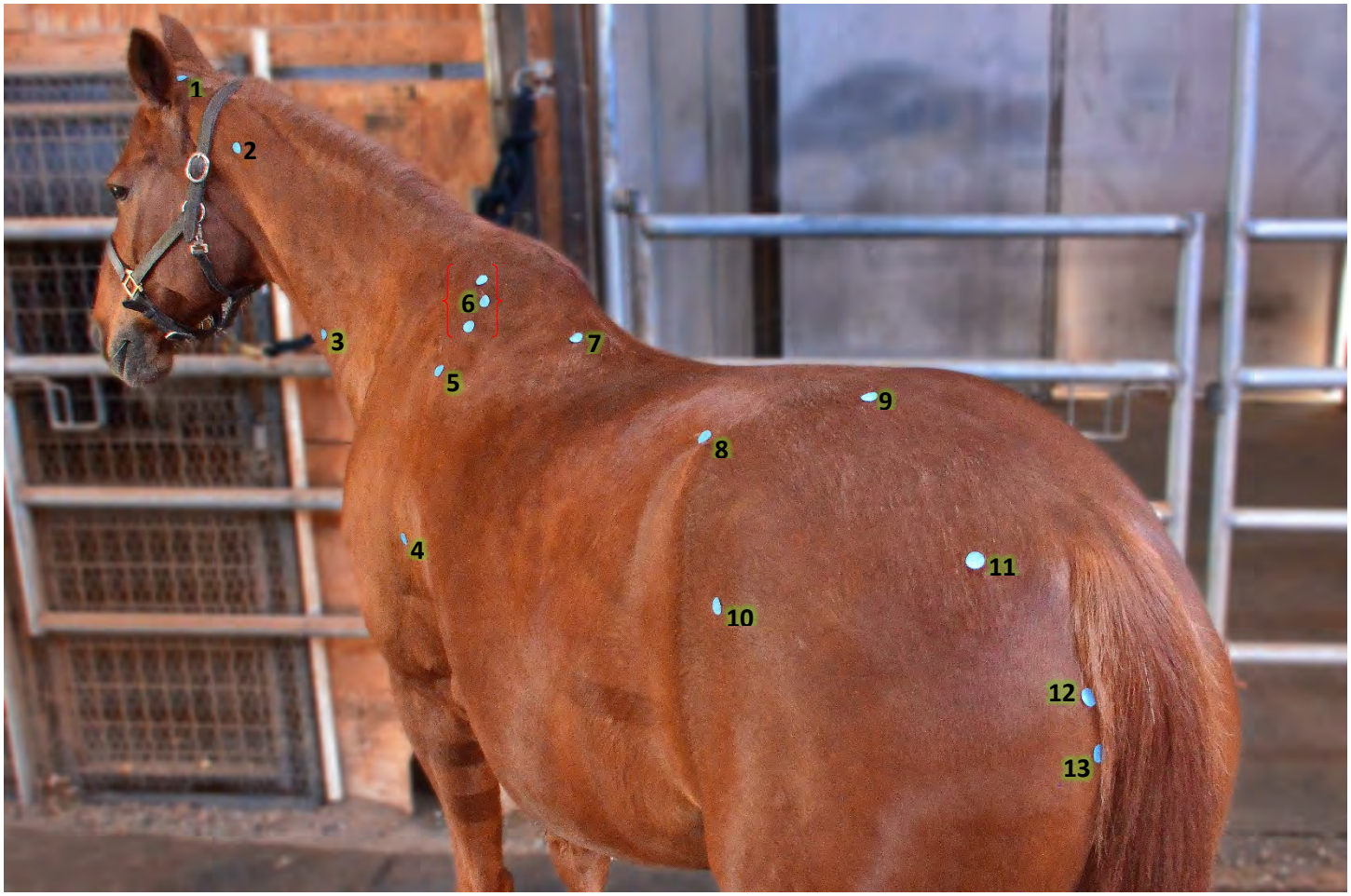
STRESS POINTS

A horse's body is almost all muscle. These muscles work in a coordinated and unified effort when the horse is in motion. All muscles have an anchor point where they attached to the skeleton. This is where the muscle pulls from. These anchor points are also called stress points because this is where the strain occurs when a muscle is over used. Stress points are micro spasms involving only a few fibers out of a whole bundle. These micro spasms can and will turn into full blown muscle spasms. An extreme example of this can be found in thoroughbred race horses. The latissimus dorsi muscle (stress point 4) is the main source of power when the horse brings its front leg backwards at the end of a stride. If a stress point is active this muscle will not release completely. The horse cannot reach its full stride causing the hoof, ankle, cannon bone and knee to jab the ground at a right angle with the concussive force of 2000 lbs. psi. This is where all race horse injuries occur.

I exercised horses at race tracks my whole adult life. In so doing I witnessed an amazing phenomenon. With horses that had a Chi treatment, while galloping, I could see their front feet with each stride. I could watch them switch leads. With horses that had not had a treatment I would never see their feet.

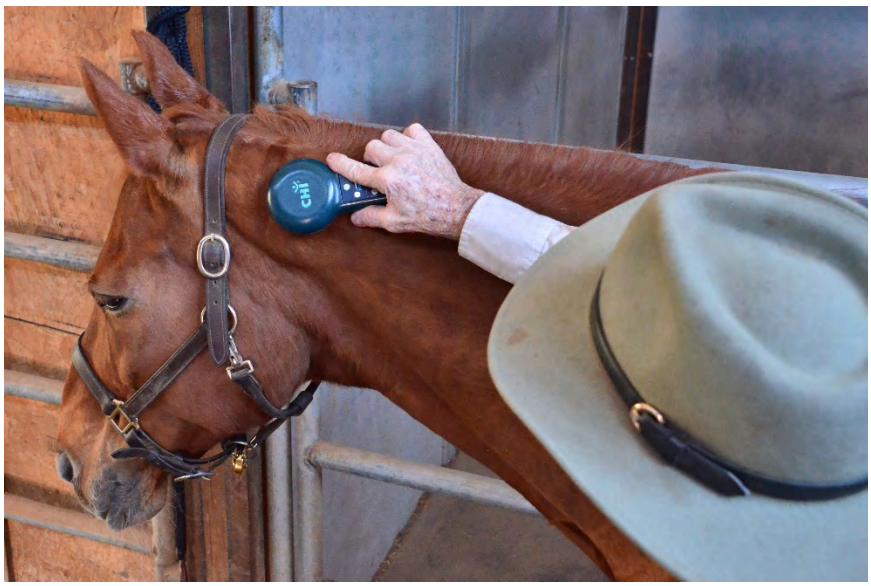
Stress points start as micro spasms the size of the end of your little finger. Unfortunately the repetitive nature of a performance horse's life under tack causes these areas to be traumatized again and again. Each time this micro spasm adds more muscle fibers to protect itself thus limiting that muscle's range of motion.

Educate your fingers. Using your forefinger, with about five pounds of pressure, pull it across the described area. If a stress point is active the horse will react with a flinching movement. Even if you do not detect an active stress point you can be assured that if this horse is in active training it will have tight muscles. Using the CHI PALM for five minutes on each stress point will go a long way in freeing up your athlete. Larger masses of muscle fibers or knots will take more time.



1.) Nuchal ligament
2.) Rectus capitas ventralis muscle
3.) Brachiocephalic muscle
4.) Latissimus dorsi muscle
5.) Thoracic part of the serrate muscle
6.) Trapezius and rhomboid muscles
7.) Spinalis dorsi muscle
8.) Longissimus dorsi muscle
9.) Junction of the gluteus muscles and the longissimus dorsi muscles
10.) The iliacus muscle
11.) The biceps femoris muscle
12.) The semitendinosus muscle
13.) The semimembranosus muscle

1.) **Nuchal Ligament:** This ligament runs from the pole to the withers. It raises and lowers the head. The stress point will be felt as a hot spot in between the ear and the mane. Do not place your CHI machine directly on the spot as the horse will be too reactive. Hold the unit about four or five inches above the spot for about five minutes.

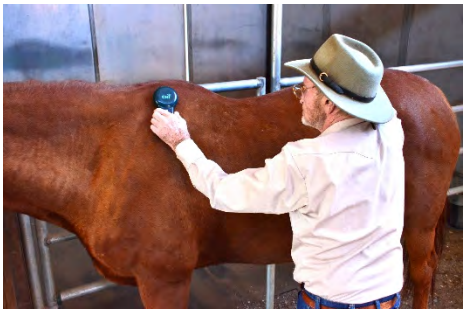


2.) **Rectus Capitas Ventralis Muscle:** This muscle anchors at the base of the skull and runs back on both sides of the neck attaching to the third cervical vertebrae. This muscle turns the head independent of the neck. The stress point will be at the same attachment point on the third cervical vertebrae.

3.) <u>Brachiocephalic Muscle:</u> This muscle attaches on the base of the skull and runs downward on both sides of the neck to anchor on the upper end of the humerus. The stress point will be felt as a hard knot about three quarters of the way down the neck. This muscle pulls the point of the shoulder forward as the initial start of the horse's stride.

4.) <u>Latissimus Dorsi muscle:</u> This muscle attaches along the thoracic aspect of the spine from the first thoracic vertebrae all the way to the lumbar vertebrae. It runs down on each side to attach on the upper medial aspect of the humerus of the foreleg. Its contraction is one of the main sources of power for the retraction of the foreleg. This stress point will be felt as a large, tight knot by the lower aspect of the muscle near the edge of the triceps muscle. The horse will be 'cinchy' when this muscle is tight.

5.) <u>Thoracic part of the Serrate muscle</u>: This muscle attaches to the ribs and runs upwards and anchors on the posterior edge of the scapula. It moves the scapula backwards allowing the shoulder joint to come up. This stress point will be felt as a large, tight knot by the upper posterior edge of the scapula. This spot will cause the horse to show irritation when the cinch is tightened.



6.) <u>Trapezius and Rhomboid muscles</u>: The trapezius and the rhomboid muscles attach on the lower cervical and upper thoracic vertebrae. The rhomboid runs down to attach on the upper part of the scapula. The trapezius runs downward to attach along the scapular spine. Both muscles draw the scapula upwards and either forwards or backwards depending on the action in play. These points will be felt as tight lines running from withers to scapula.

7.) <u>Spinalis Dorsi muscle:</u> The spinalis dorsi muscle attaches to the spinous processes of the first few thoracic vertebrae. It runs backwards and down the sides of the horse to fix on the lower ribs. Its contraction contributes to the spinal extension and to lateral flexion of the horse's body. It also carries the saddle and rider which puts an exceptional strain on this muscle. This stress point will be felt as a deep rigid knot just behind the withers. It may take several twenty minute treatments to relieve the tension in this muscle.

8.) <u>Longissimus Dorsi muscle:</u> This muscle, on the interior aspect of the tuber coxae, will form a knot composed of muscle fibers and fascia and will harden to form a large mass the size of a softball. This usually forms inside the left hip but both should be checked. The action of leaning over and powering around the barrel using the inside hind leg causes this condition. Several treatments are necessary to dissipate this mass. All barrel racing horses develop this condition.

9.) <u>Junction of the Gluteus muscles and the Longissimus Dorsi muscles:</u> The gluteus muscle anchors on the lumbar spine, runs downward and attaches on the femur. The longissimus dorsi muscle runs along the spine from the withers to the point of the croup. These muscles are involved in forward motion. This stress point will be felt as a rigid knot a couple inches away from the spine at the level of the point of croup.

10.) <u>The Iliacus muscle:</u> The iliacus muscle runs from the point of the hip to the distal end of the femur. Its contraction causes the hip joint to flex. This stress point will be felt as a tight line of muscle fibers along its course.

11.) <u>The Biceps Femoris muscle:</u> The biceps femoris muscle anchors on the lumbar spine and runs downwards to attach on the tibia. It flexes the stifle and hock joints. This stress point will be felt as a tight knot eight or nine inches in a diagonal from the top of the tail. It is the major power source of the hind leg.

12.) <u>The Semitendinosus muscle:</u> The semitendinosus muscle attaches on the lumbar spine and runs downward to anchor on the hock joint This stress point will be felt as a small knot on the upper aspect of the femur tubercle.

13.) <u>The Semimembranosus muscle:</u> The semimembranosus muscle attaches to the lumbar spine, runs down and attaches to the hock joint. This stress point will be felt as a small knot on the lower aspect of the femur tubercle. Numbers 11, 12 and 13 are the hamstring group which provide the power to move the horse forward.

Eye Injuries: The effect of the Chi Palm on eye injuries is almost magical. The first thing you will notice after you have directed these energy waves at the eye is the immediate relief that your horse shows. Time depends on the injury. Thirty to sixty minutes is adequate. I treated hundreds of eye injuries at race tracks and almost always one treatment was sufficient. A pair of race track blinkers works great for this application.

Hoof Injuries: The Chi Palm will relieve the symptoms of a bruised sole in twenty minutes. Any injury around the foot will benefit from this technology. In the pictures above I sewed a boy's anklet sock to a bell boot with a few stitches and stitched a strip of Velcro at the top outside edge for stability.

Colic: Colic is almost always a muscle spasm in the gut or intestine. All your veterinarian can prescribe is Banamine which is a muscle relaxant. The energy emitted by the CHI Palm relaxes this spasm almost immediately. Relief will be observed in three to five minutes.

Wounds

Wound Treatment:

Wounds for horses are a time consuming process of slow incremental healing. Edema or swelling prevents adequate blood flow. The energetic waves produced by the CHI Palm prevents this from occurring. That is why it is important to address fresh wounds immediately with your CHI Palm. An hour is where I have settled. Keep treating the wound daily for an hour. You will soon notice the accelerated healing you are inducing. Healing time will be reduced by a quarter to a third.

Written by David Donathan

Performance-related hock and stifle syndrome

AND THE CHI Palm

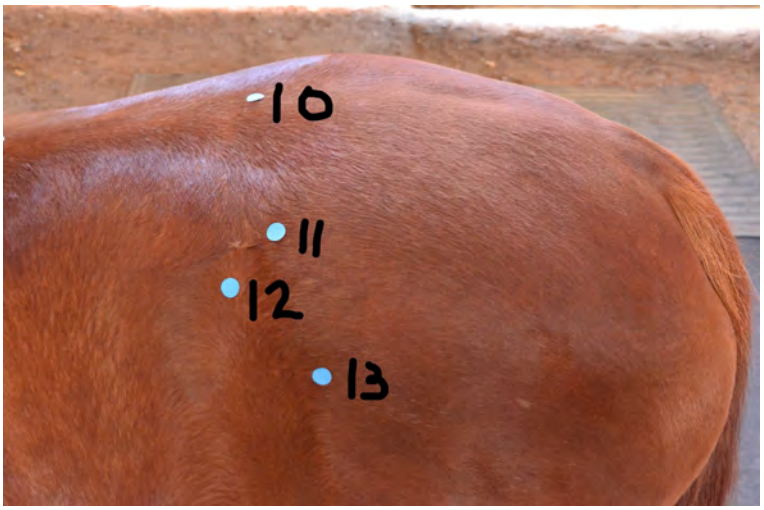
Hock and stifle pain and the intense activities that constitute a performance horse's life seem to go hand in hand. I discuss in my manual "The Performance Horse Solution," the important role that connective tissue, or myofascial plays in the physical well-being of an equine athlete. In the hind-quarters, the connective tissue which includes tendons and ligaments, literally connects the muscles that are anchored on the pelvis with the bones of the foot and ankle. When this system is tightened due to the activities that are inherent to performance horse's life, the joints of both the stifle and hock are drawn together, only slightly, but enough to cause friction between the two bones involved. A vet's treatment involves an injection of Cortisone which only masks the pain signal for a period of time.

The acupressure treatment below eliminates this condition and to my experience, prevents it from recurring. It involves seven acupoints, three around the point of each hip and one along the spine in the depression after the last lumbar vertebrae.

Acupoint # 10 Bai Hui - masterpoint for the hind-quarters
Acupoint # 11 Gall Bladder 27 - (GB27)
Acupoint # 12 Spleen 13 - (SP 13 - (Sp 13)
Acupoint # 13 Stomach 30 - (St 30)
Place the CHI Palm on each acupoint for one minute.

This treatment is included in the full-body acupoint treatment that can be found in my manual, but I thought it was vital to isolate this condition and treatment because it demonstrates the crucial role that the CHI Palm can play in the health and well-being of your equine athlete.

DAVID DONATHAN



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