

FEATURE

TEXT: MICHELLE WING. PHOTOS: SUPPLIED

Perfecting the

Equine

Athlete



Shortly after having finished less than a length behind Wild One in the Grade 3 Lonsdale StIRRUP Cup at Greyville the Brett Crawford trained Wavin' Flag was run into by a loose horse on the Summerveld gallops writes MICHELLE WING.



Beth Shaw and Birgit Schroeder examining a horse at Summerveld, prior to treatment.

Having only just started his KZN winter campaign and with another two Graded races planned before the end of July, the pressure was on to return him to peak health and fitness. The vets were called in along with equine therapist, Beth Shaw. With a concerted effort by all and a good response to treatment from Wavin' Flag, the son of Silvano went on to end his winter season with a superb win in the Grade 1 Gold Cup.

Results like this is what Equine Transeva Technique Therapist, Beth Shaw, lives for. "I am privileged to work in some of the top racing yards in South Africa and am involved with some of our country's top equine athletes. Beth has been working the July season for over eleven years now and says "it is always an awesome experience".

Physical therapies are commonplace in the world of human sporting endeavours. With advances in sports medicine and science, particularly over the past decade, a wider spectrum of treatment choices requiring a high level of skill are now available to not only human sports stars, but equine stars as well. Trainer Glen Kotzen says, "just as with human athletes, racehorses can also be stiff and a bit sore after exercise." It makes perfect sense then to provide support for performance through injury prevention, maintenance and recovery; as well as providing treatment and rehabilitation of any injury.

"My overall goal is to maintain the gait and stride of the equine athlete, whilst it undergoes training and conditioning during its racing career," says Shaw. A racehorse can meet many obstacles on its way to

"My overall goal is to maintain the gait and stride of the equine athlete, whilst it undergoes training and conditioning during its racing career."

raceday whether from direct injury, like Wavin' Flag, or from over training or just uneconomical use of its body as a result of compensation," she adds.

When maximum forces of gravity and energy are applied to a thoroughbred thundering down the track, the muscles of the neck and back can hyperextend the spine. Hyperextension can result in muscles and nerves throughout the body being compromised. "This is where the Equine Transeva Technique™ (ETT) comes in," says Shaw. "ETT assists the horse in maintaining the stride it has been bred to have on the racetrack."

Kotzen, who has used ETT on horses such as Lady Windermere, Big City Life and Jet Belle, believes the therapy helps to "stimulate and rejuvenate the muscles and nerve endings which in turn helps them to run better." In the case of Grade 2 Gold Bracelet winner, Jet Belle, it has also improved the way she uses her back and hindquarters when jumping out of the starting stalls.

The Equine Transeva Technique™ (ETT) is a complete technique for the assessment and treatment of musculoskeletal injuries in the equine athlete. It is not new, as it was first practised by the legendary Winks Greene who worked alongside trainers such as Terrance Millard, Peter Kannemeyer, Ralph Rixon and others. The precise application of the Winks Greene Transeva, creates muscular contractions that closely resemble how a muscle operates during a voluntary contraction and as a result, any area of inefficient movement is revealed. Using a hand-held electrode and a wide ranging pulse of the Winks Greene Transeva, muscular movement is improved and in so doing relieving discomfort and further aiding muscular efficiency. The painless, rhythmical contraction of the muscle aids circulation, brings essential nourishment to the area and more importantly, helps the venous and lymphatic return to prevent the thickening and formation of scar tissue.

FEATURE

TEXT: MICHELLE WING. PHOTO: NKOSI HLOPHE



2014 KZN WINTER SEASON GROUP RESULTS

Gr 2 Gold Bracelet	26 July	Jet Belle	(won)	Glen Kotzen
Gr 1 Gold Cup	26 July	Wavin' Flag	(won)	Brett Crawford
		Gold Onyx	(3rd)	Sean Tarry
Gr 1 Tekwini Stakes	26 July	Carry On Alice	(2nd)	Sean Tarry
Gr 2 Gold Vase	05 July	Hot Ticket	(won)	Dean Kannemeyer
Gr 1 Golden Horseshoe	05 July	Afrikaburn	(won)	Dean Kannemeyer
Gr 1 Vodacom Durban July	05 July	Wylie Hall	(2nd)	Weiho Marwing
Gr 2 Betting World Stakes	15 June	Hot Ticket	(won)	Dean Kannemeyer
Gr 2 Post Merchants	13 June	Kingston Boy	(2nd)	Doug Campbell

Wavin' Flag after his Glen Kotzen eLan Property Group Gold Cup victory.

Hence quick relief is provided after trauma to muscles.

Dean Kannemeyer has over the years used Winks and now Beth to work on horses such as Free My Heart, Dynasty, Blake, Eye of the Tiger, In Writing. "In fact all of our Grade 1 horses," says Kannemeyer. "When jockeys tell you that they can feel a horse is not moving well but can't quite pinpoint where the problem is coming from, Beth with her diagnosis and application of the ETT, invariably sorts it out.

"A common concern is of thoroughbred's not 'pushing from behind' and ETT helps to loosen them up so that they can push.

"Thoroughbreds undergo strenuous training and problems often manifest at home, not on the track. If they can be sorted out before raceday it translates into a better performance," explains Kannemeyer.

When preparing for big races, Beth generally likes to see the equine athlete within a few hours after hard training. ETT detects the stressed areas of muscle and nerve and any spasms. This is called fibulation. ETT can re-establish the correct contractibility and movement of a muscle, allowing the muscle to develop as correctly and efficiently as possible. "I always remember Winks saying that muscle builds actively for up to twelve hours after a training session making it most beneficial to see a horse the same day that it has worked hard," says Beth.

"Thoroughbreds undergo strenuous training and problems often manifest at home, not on the track. If they can be sorted out before raceday it translates into a better performance."

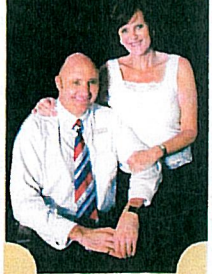
Balance and gait

"A thoroughbred in good tone should not only be visibly fit and showing even muscular development, but it's balance and gait should be symmetrical through all its paces. It should not show any resistance or discomfort when racing," explains Beth. "When this optimum state is attained a thoroughbred can then produce its best results come raceday." According to Beth, "Many techniques can promote healing and relieve tension but ETT works actively to connect muscle function and improve movement. It therefore makes it applicable to all areas of performance from treating acute and chronic musculoskeletal injuries to perfecting a thoroughbred's stride." Trainer Brett Crawford who has used the therapy on many of his horses such as Thunder Dance, Jackson and Wavin' Flag, says, "There is definitely a place for it."

UPPER HIGHWAY 031 764 2264
hillcrest@everitt.co.za
www.everitt-hillcrest.co.za



CHAS EVERITT
INTERNATIONAL PROPERTY GROUP



EVERTON • P.O.A.

A LANDMARK IN EVERTON KLOOF

For the past 100 years Crowhurst, a gracious Country Estate, well appointed and situated within acres of magnificent lush garden, has been a landmark for many. A great venue for memorable weddings, banquets, conferences and product launches. Offering numerous, sumptuously furnished lounges, dining rooms and 9 en-suite bedrooms for discerning guests. Appealing investment for developers and entrepreneurs. For more information call CLINT and LIZ 082 656 4191 / 082 656 4191

For more info call
Clint or Liz Ellice
082 928 3477
082 656 4191

WWW.CHASEVERITT.CO.ZA

WHERE EVERITT IS - IT'S SOLD