Horse shoes could be your shoes - how to become an equine massage therapist

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Equine massage therapy is being utilised as a form of complementary alternative veterinary medicine (CAVM) within New Zealand 1,2 and it is believed that the prevalence of equine massage is increasing compared to past years 3. “The use of touch, massage, or manipulation of painful articulations or tense muscles is arguably one of the oldest and most universally accepted forms of therapy to relieve pain and suffering” 4. Massage techniques have been developed for the treatment of musculoskeletal dysfunctions and disorders in humans and have been transferred for the use in horses as a part of CAVM. So the research question was asked; how do you become an equine massage therapist (EMT) within New Zealand?

In conclusion, to become an equine massage therapist within New Zealand a person does not have to undertake specific training as there is no entry requirement because the profession is unregulated. However, it is highly recommended to obtain training and the necessary skills within the field in New Zealand or overseas. This approach may increase career longevity and would enhance the credibility of the practitioner as well as the profession. In turn, this may assist in recognition of the equine massage industry within New Zealand.

References