

### Wellness and Rehabilitation – the Equine Spa makes it possible!

Hydrotherapy with cold water and salt is used to treat (and prevent) a variety of injuries through the 2°C cold saltwater. The Equine Spa treats almost all injuries of the lower extremities successfully. The temperature of the treatment itself already causes an enormous increase of blood circulation. This medicine free therapy can be used for injury prevention, increase of mobility and decrease of swelling within the extremities before and after a competition or training.



### How the Equine Spa works

Equine Spa hydrotherapy relies on the following four basic factors:

#### 1. Temperature

The application of cold triggers three basic reactions. Firstly, at a cellular level, the metabolic response of the cells is reduced, so the cells need less oxygen to function and thereby suffer less hypoxic injury. Secondly, the permeability of the blood vessel walls is decreased, thus reducing the amount of fluid that accumulates in the injured area. And thirdly, the cold numbs the area to a certain degree, acting as a topical analgesic.

One of the best things about cold is that it does not override the beneficial effects of the healing process. Please note that the application of cold should not be overdone. The overuse of ice, for example, can cause tissue damage.

#### 2. Salt concentration

The salt concentration of the water has an impact on the healing process. Higher salt concentrations will draw away more of the fluids that accumulate around an injury. Additionally, the proportion of various salts has been found to allow injuries to heal more quickly.

#### 3. Depth of water

The greater the depth of the water, the greater the physical pressure exerted on the tissues. This, again, aids the dispersal of accumulated fluids.

#### 4. Aeration

Aeration of the water has a two-fold effect: it increases the dissolved oxygen level of the water and subjects the soft tissue to a gentle massaging action. It is thought that the increased oxygen level aids the healing process much as hyperbaric chambers do for humans, while the massage effect influences dispersal of fluids. In addition, horses tend to relax more than in still cold water as is evidenced by reduced heart rates.

# TRAINING & WELLNESS

## CET Equine Spa



### What does the Equipne Spa treat?

Low temperature hydrotherapy can be used to treat a variety of leg issues by removing painful inflammation and fluid at the root of the problem and repairing tissue quickly.

The following conditions typically respond well to hydrotherapy treatment:

- Joint Conditions
- Laminitis
- Brittle Hooves / Hoof Injuries
- Ligament Injuries
- Tendonitis
- Shin Splints / Sore Shins
- Soft Tissue Injuries
- Abscesses
- Windgalls / Windpuffs



In addition, low temperature equine hydrotherapy has also proven effective as a preventative modality and as an aid to recovery when used pre- and post-competition.



Since we started manufacturing equine spas, we focused on the safety of both the horse and the operator and the hygiene of the Equine Spa. Besides the superb filtration system, attention has been paid to increasing chilling efficiency, lowering running costs and reducing overall chemical usage, making the CET Equine Spa the greenest spa on the market.

All CET Equine Spas come with a "starter kit", containing anti-rear straps, 2 horse nappies, salts, chemicals and test strips for testing the water quality and a manual. As the spas are portable, if you decide to move to another building or location, it is straight forward.

