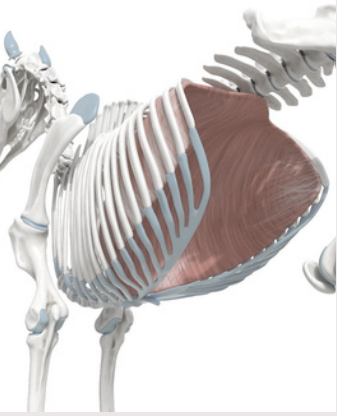


THE EQUINE DIAPHRAGM



What is it?

A thin skeletal muscle that sits at the base of the chest and separates the abdomen from the chest. In addition to allowing the horse to breathe it also helps to pump digestive contents through the tract.

Did you know?

Vital structures also pierce directly through the dome of the diaphragm including the inferior vena cava, esophagus, and aorta. Tension or rigidity in the diaphragm can cause compression to these vessels thereby affecting their ability to function optimally.



Causes of poor diaphragm health

High pressure training styles, dental imbalance, poor saddle fit, pre-existing injuries, poor biomechanics, pre-existing respiratory/heart issues, depression, anxiety, hoof imbalance, rider weight beyond horse's capacity.

Normal
Breathing Rate
= 8-16 breath/min
x 3 at a walk

Signs of dysfunction

Back pain, breathing issues, poor digestive health, rigid movement, frequent fight-flight state (sympathetic activation).



Want to learn more?

Check out my mini-online course
For equine therapists and horse owners

Included in course

- In-depth anatomy and function
- How to evaluate
- Simple manual technique

All presentations and videos are
downloadable to keep for life!

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