

Elastic Kinesiology Tape

for the Equine Athlete

You are probably accustomed to seeing human athletes – runners, beach volleyball players, even swimmers – wearing kinesiology tape during competitions. Now equine athletes are also enjoying the benefits of these applications to assist with training and rehabilitation.

Christa Veinotte, a registered massage therapist since 1999, was the first equine kinesiology tape practitioner in Canada and now instructs courses with Equi-Tape. Her practice, which takes her to Florida for the busy winter circuit, sees a range of clients from Olympic-level dressage, eventing and jumping horses to adult amateur mounts to backyard ponies. “My oldest client was 33 and the youngest was three days old,” says Veinotte.

The non-latex, stretchy weatherproof tape decompresses the area of the body to which it is applied and actually encourages greater freedom of movement. When applied, the kinesiotape gently lifts the skin, creating an area of negative pressure which allows blood vessels and lymphatic vessels to open. This allows for improved circulation, which in turn delivers oxygen to damaged tissues, allows fluids in the area to drain away, speeds up the healing process and reduces pain. It is appropriate for all disciplines and safe to use while riding, lunging, or driving.

Kinesiology tape can also be used to:

- relax specific muscles
- decrease recovery time after a training session or show
- stabilize a weak ligament or tendon
- stretch tight fascia on backs, hips, and shoulders.
- assist muscles to contract while in training so they develop properly
- prevent further injuries
- soften scar tissue
- reduce swelling at an injury site or around joints, or if the circulation is compromised due to lymphangitis or cellulitis.

Common conditions that Veinotte says can be treated with kinesiology tape include back, neck and jaw pain, sacroiliac dysfunction, vertebral misalignment, muscle imbalances (ie. stiffness on one side), “or any weak musculature that prevents the horse from advancing in their training.” 🐾



Easing sacroiliac pain due to a pelvic rotation in a jumper.

Relaxing muscles on one side of the neck to straighten the neck in a dressage horse.

Correcting stifle maltracking with a hock stability tape for a ligament injury.



Treating a vertebral misalignment causing low back pain in a hunter.

Lengthening the muscles and tendons of a jumper with mild support to the fetlock after an old muscle strain.



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