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COMING JAN 2018

## The Colorful Tape That Works Wonders

### KINESIOLOGY TAPING FOR HORSES

The Complete Guide to Taping for Equine Health,  
Fitness, and Performance

KATJA BREDLAU-MORICH

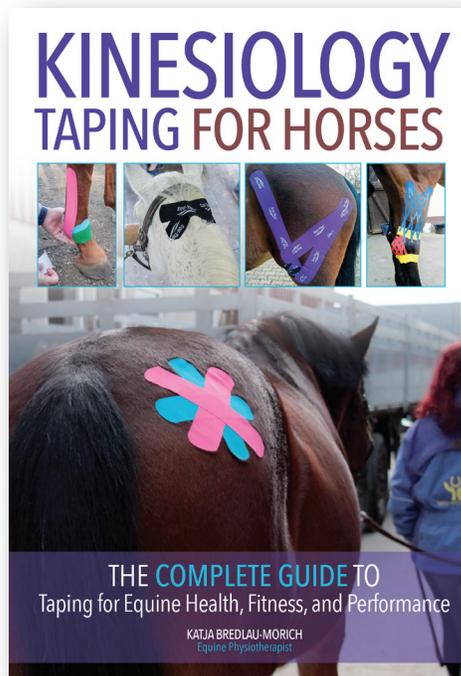
Trafalgar Square Books is pleased to announce the release of *Kinesiology Taping for Horses* by Katja Bredlau-Morich.

Kinesiology taping on human athletes is all the rage: widely used by physical therapists, chiropractors, and personal trainers, we see it on Olympians, runners, basketball players—on amateurs and professionals. The idea behind taping is that it provides incredible support and stabilization of ligaments and tendons while simultaneously stretching and flexing like a “second skin” to allow full range of motion. It can also activate or relax muscles, depending on its application. Our equine athletes can benefit hugely from taping techniques, and this terrific guidebook provides the ultimate reference for understanding both the uses of kinesiology tape and its numerous applications. With hundreds of color photographs and step-by-step instructions for the do-it-yourselfer, equine physiotherapist Katja Bredlau-Morich explains the following forms of kinesiology taping: muscle, lymphatic, scar, fascia, space, hematoma, stabilization, tendon, and cross. In addition, numerous case studies demonstrate how taping can change your horse’s life, keeping him pain-free and performing his best for years to come.

**KATJA BREDLAU-MORICH** received certification in animal health from the Institut für Tierheilkunde in Viernheim, Germany. She is certified in kinesiology taping of horses by the Maia-Medical Group, Germany, and by Equi-Tape® in the United States, and has provided physiotherapy and taping services for horses in both countries. She currently lives in Rodgau, Germany, where she operates Horse-Wellness, LLC ([www.horse-wellness.com](http://www.horse-wellness.com)).

“As soon as my own horse was walking around the arena sporting colorful stripes, people started asking me about kinesiology taping, and I started explaining how it worked and how to do it. Interest in kinesiology taping is huge!”

—KATJA BREDLAU-MORICH



144 pp • 6½ x 9½ • 182 color photographs • 978 1 57076 861 3 • \$21.95 pb

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