

# ACTIVO MED ADVANCED EQUIPMENT



## EQUINE WATER TREADMILL



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**Hydrotherapy has been repeatedly proven for humans over the years and now the use of water is being proven by results gained by horses. The Activo-Med water treadmills and combined water treadmill spas are manufactured in Germany using high grade stainless steel construction. They can be run with fresh water or salt water at any depth, can incorporate spa jets and a chiller unit and have options on filtration systems to suit your yard and budget. We provide full backup, support and servicing plus have the added support for all our customers.**

Pip Wates, owner of one of the latest rehabilitation centres to install an Activo-Med water treadmill, explains her research behind her project:

"At the start of last season my talented 7 year old eventer was looking gangly and not as strong as I would like. I had spent a winter doing hill-work, pole-work, all sorts of work to improve his strength but, as the season began, a couple of runs in he began stumbling behind and dragging his toes. I also had difficulty keeping him straight. There were interventions I could have made but I wanted a non-invasive solution so I began to research options and this is how I discovered the Activo-Med water treadmill. There was no water treadmill locally, so I took a leap of faith and drove my horse to a centre three hours away and left him there. After several weeks I noticed there were multiple subtle, but significant, changes in the horse. His core strength had increased along with his stamina, his ability to hold a balanced and secure position was mastered and his confidence in that balance eliminated so many little "nags" I had. The confirmation of these improvements soon came from his results, as he won his next event (a BE novice) and completed a full season culminating in a placing at CCI1\*.

I returned to the water treadmill for regular "top ups" and decided that I needed to introduce one to the South East area. I installed mine in November 2012 and quickly acquired a regular base of clients who share my philosophy that the water treadmill can not only help a horse recover from injury but it can prevent injury in the first place. It can also improve performance and prolong the competitive career of a horse."

When horses walk on a treadmill in water they lift their legs up higher in a more vertical plane. This has the benefit of increasing joint flexion and exaggerates the use of the back muscles. With no rider to influence the horse's way of going the muscles develop symmetrically as the horse works in balance and without interference in a straight line.

Whilst the water provides a degree of pressure and support around the limbs, the horse has to work hard against the increased resistance of the water and this will result in improved stride length on dry land, tighten core strength muscles and the ligaments around the stifle, improve suppleness through the back and develop the topline. The cold water on the lower limbs also provides a massaging and cooling effect - excellent for horses recovering from leg problems. Depending on depth, the water also reduces some concussive forces which can also be useful for rehabilitation. However, natural walking (and trotting) on an even surface is an important aspect for the safe strengthening of legs for fitness which the water treadmill still provides.

Working in a safe controlled environment you can increase top line, improve joint flexion, increase stride length and promote balance without a rider. Muscle tone and strength improve dramatically and the horses really enjoy their sessions. Training sessions on the Water Treadmills can be made part of your horse's exercise routine.





- ✓ Controlled, supervised exercise for rehabilitation and aerobic activity.
- ✓ Aqua walk and trot training increases cardiovascular activity, stride length, muscle tone and strength.
- ✓ Increased joint flexion whilst allowing the horse to work in a symmetrical way without the influence of a rider.
- ✓ The horses have to work harder in water than they do on dry land due to the resistance from the water which helps to strengthen their muscles and ligaments effectively.
- ✓ The front sides of the treadmill are lower allowing the horse to move in a natural outline in a lower concussive environment yet working legs to build strong tendons and ligaments.
- ✓ Available as combined spa system with salt water and chiller unit option for recovery are competition and rehabilitation.

There are a number of Activo-Med Water Treadmills installed in the UK and abroad. UK customers include equine colleges, specialist rehabilitation yards and private individuals such as:

- Bennett Equine, Midlands
  - Bishop Burton College
  - Dyson Racing
  - Equine Aqua Training, Sussex
  - Laura Thomlinson (nee Bechtolsteimer)
  - Moulton Equine College
  - Priors Farm Equine Rehabilitation Centre
  - STX Equine Rehabilitation
  - The College of West Anglian
  - Writtle College
- Plus others...





# FOR IMPROVED FITNESS, STRENGTH AND REHABILITATION



## **ISLA BENNETT, Bennett Equine and International 3-day eventer, says:**

"We find the Water Treadmill improves the horses' core strength, stamina and mobility. Customers come and use our Water Treadmill for both rehabilitation and fitness training purposes. I have found using the water treadmill for four weeks can do what would take me up to four months to do in the school."

## **TIM BENNETT explains a normal water treadmill training session for fitness:**

"Using the treadmills is very simple and safe. The horses are happily lead into the treadmill and begin to walk straight away. When ready, the water level rises to the preferred depth within a matter of minutes. As well as rehabilitation, we use the treadmill to develop overall fitness but also the top line, therefore most horses are worked with the water at carpal level. The horses are worked in walk mostly but some have short bursts of trot included in their session for increased fitness levels. At the end of the session the water drains away rapidly, the treadmill is stopped and the horse is lead out of the front end quietly and safely."



We help to promote water treadmills at our client's rehabilitation yards via our website, social media, e-Shots and on press releases and advertorials. We get regular requests from potential customers asking where their nearest water treadmill is located so always pass on the relevant details.

