

# The Hitch 'N Post

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## INFRA-READY FOR THE RODEO

Exploring the benefits of  
infrared light therapy

You might know OPA local Riya Uppal as an accomplished barrel racer, but she's also become a local source for specialty equine rehab therapy—more specifically, **Infrared Light Therapy**, a method that uses light to treat both acute and chronic pain.

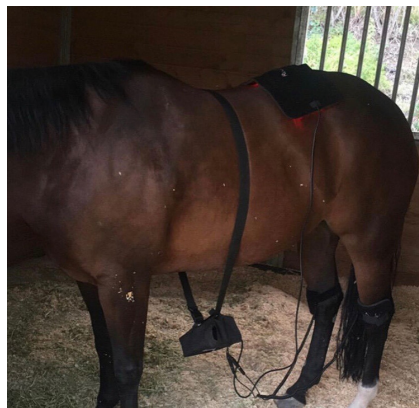
"I've been interested in equine rehab therapy for many years," Riya says, "But more so ever since I have dealt with performance horses, because they are at a higher risk for injury. Therapy provides a cheaper and much less invasive solution for many common issues."



Infrared light therapy can be used to manage pain, increase circulation, trigger acupuncture points, boost overall performance, and reduce injury recovery time by one third. It has also shown positive results for soft tissue injuries, inflammation, soreness, tendon problems, strains, splints, stifle or hock issues, swelling, shoulder or knee pain, bone chips or spurs, and arthritis.

"This form of therapy is a crucial part of my routine as a barrel racer," Riya explains. Her two barrel horses Pistol and Peyton Manning have greatly benefited from regular treatments. "It allows my horses to always feel their best when competing and helps them recover quickly after a long weekend of rodeo!"

If you think your horse could benefit from infrared light therapy, you can reach Riya at **714-333-5220**.



## BIG RED'S BOUNTY

Big Red's giving away a pair of **Ovation Glenna or Allana Boots** as his bounty for February. Enter to win each time you visit the store!



# FEED ROOM FODDER

The latest calming and performance pastes

Looking for a show safe performance enhancer? Consider the latest on our supplement shelves:

**Equi+Calm** is designed to be used on nervous, tense, agitated, hyper, or hot horses. Key ingredients include melatonin and magnesium (for a quiet mind and body), L-Theanine and Leucine (to provide body comfort), and bismuth (to protect the stomach).

**Equi+Focus** is designed for use on horses that tend to be spooky, hyperactive, or have concentration issues. This blend sharpens the horse's focus while still maintaining strength, speed, and stamina, and will help them respond better to their rider. Equi+Focus contains no magnesium but uses increased levels of melatonin to block adrenaline.

For horses who could benefit from both, the two can safely be used together. Equi+Calm first to relax the horse, then Equi+Focus the next day to keep up their concentration.



Last month's answer: Sunbask Trail



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