TTEAM® as a Complement in the Rehabilitation of Horses with Neurological Deficits

The following text is a reference to instruct you in the TTEAM tools, techniques, TTTouches and exercises you will use as a complement in rehabilitating a horse with neurological deficits. Use the Worksheet as your guide for day-to-day sessions.

All the TTTouches and TTEAM techniques should be done with consideration of the individual horse. Finding the appropriate TTEAM exercise and/or TTTouch to allow this horse to re-learn, re-organize, re-establish his skills and re-gain an acceptable performance level is the specific challenge of this proposal.

It is important to note, while following your schedule of neurological rehabilitation, that you must find a way to perform a TTTouch and a TTEAM exercise each time you work with your horse. You may discover that on a particular day, for instance, that the horse seems not to want to be touched on the head; make a note about the horse’s reaction, but do some TTTouch regardless. The sensory input is vital to this study of neurological rehabilitation. Respect that the horse is having difficulty this day and find a way to do the TTTouch without force. Your options include changing the pressure, the speed or the number of repetitions or using a different TTTouch. If the horse is defensive about being touched, use counter-clockwise circles; even a 3/4 circle or the Flick of the Bear’s Paw. These TTTouches break through the “resistance” the horse is demonstrating. And always keep a positive intent.

If you are having difficulty with a particular exercise, use the principle of “chunking down.” TTEAM offers you tools to resolve behavioral difficulties. Or you can consult with a TTEAM Practitioner. However, if it is unsafe for you or your horse to proceed DO NOT CONTINUE and make a note of it on your Rehabilitation Worksheet.

Disclaimer

SAFETY FIRST for yourself as well as for the horse.
You must be able to lead and to work with your horse safely and with confidence in order to participate in this study. If the horse with whom you are working is displaying behaviors that make you feel unsafe, or if the horse’s neurological deficits are too severe to proceed safely, DO NOT CONTINUE!
Thank you for using TTEAM to rehabilitate horses with neurological deficits!

Special Thanks to Veterinarian Dr. Mark and Becky Meddleton of Coralles, New Mexico for encouraging the application of TTEAM to the neurological rehabilitation of horses.
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TTEAM® as a Complement in the Rehabilitation of Horses with Neurological Deficits
Background Information

This study of using TTEAM for the rehabilitation of horses with neurological deficits started through the efforts of Dr. Mark Meddleton, DVM and his wife, Becky. Becky’s horse, Jewel, was severely affected by EPM and Dr. Mark was trying all the forms of experimental medication. During the times that the medication seemed to be working, Becky decided to try TTEAM to rehabilitate Jewel. Becky applied her basic knowledge of TTEAM and was impressed by what she was observing with Jewel.

Becky and Mark came to a TTEAM workshop at Galisteo Creek Farms in April, 1999 to learn more and to talk with Linda to see if TTEAM would cooperate in a study of rehabilitating horses with EPM. Becky explained to the group that initially she had thought that only the ground exercises would help, but after talking with TTEAM Instructor Carol A. Lang, she tried the TTouch and realized it too was a key element.

To initiate the study, Linda and Carol met with Dr. Mark and Becky at a client’s farm. A neurological exam was performed by Dr. Mark on three horses. TTEAM techniques were shown the horses’ owner and Dr. Mark set up a basic schedule of rehabilitation with the owner. In a few weeks, Carol met with Dr. Mark and Becky at this client’s farm. Dr. Mark reexamined the horses and both he and the owner were sure that improvement had been made. Carol taught the owner more TTEAM techniques and Dr. Mark scheduled another evaluation of the horses.

In June of 1999, Dr. Mark, Becky and Carol worked with Jewel and Mark’s horse, Dugan, who also had been diagnosed with EPM. Dr. Mark did a neurological exam of each horse. Then, as they did TTEAM and TTouch with both horses, Mark, Becky and Carol discussed which techniques were working, the timing of the sessions, the sequence of TTouch and the work in the TTEAM Confidence Course. They also made a first draft of a checklist for the owners to keep track of their horses rehabilitation program.

Carol accompanied Dr. Mark and Becky on visits to at least three clients who had horses with neuromuscular difficulties. Each owner was shown TTEAM techniques and Becky recommended the rehabilitative process. Dr. Mark’s scheduled follow-up neurologicals in order to track progress. Becky reported that the percentage of improvement of the trial horses was very high and that the owners were very happy with the results.

To continue the development of a protocol that Dr. Mark planned to present to the AVMA, Carol met with Dr. Mark and Becky and TTEAM Practitioner, Kirsten Henry several times over the next year. They video taped how to do TTEAM techniques, developed a modified Confidence Course and did many trials with TTEAM techniques, in particular the use of wand and lead, the TTEAM bodywrap and TTouches. Carol prepared a booklet of TTEAM techniques that would be distributed to participants of the study. Dr. Meddleton reviewed this booklet and made suggestions from his perspective as a veterinarian.

Hoping to receive a grant, Dr. Mark presented their protocol to a veterinary conference in the Fall of 2000. The evaluation and advice offered about their study gave Dr. Mark and Becky new insights and direction. However, Dr. Mark’s veterinarian practice was expanding so much that their time for continuing this study was curtailed.

In March, 2002 Dr. Mark reported to Carol that he could not proceed with the EPM/neurologically impaired protocol. He offered to share all his and Becky’s work with any veterinarian that Linda might find who would be interested in developing a protocol.

We know that TEAM has been very effective in helping horses rehabilitate from neurological deficits. We offer this booklet as a guide to TTEAM Practitioners and others who will use TTEAM and TTouch in facilitate their horses’ rehabilitation.
Worksheet for Using TTEAM in the Neurological Rehabilitation of Horses

<table>
<thead>
<tr>
<th>Owner:</th>
<th>Horse:</th>
<th>Score:</th>
<th>Date</th>
<th>Date</th>
<th>Date</th>
<th>Date</th>
</tr>
</thead>
</table>

**SCORE** with range of 1-5 with 0 = no acceptance; 1 = had to find another TT Touch or technique; 2 = some acceptance; 3 = accepted the TT Touch or activity, but no improvement shown; 4 = some improvement shown; 5 = full acceptance and improvement shown.

**DO THE TT TOUCHES 4 TIMES PER WEEK; 15-20 MINUTES PER SESSION.**

- Do at least one TT Touch on each area of the body as listed below.
- Ear TT Touch: strokes and circles p. 4
- Head TT Touch: especially circles on muzzle p. 5
- Body: Connected lines of circles p. 6 OR
- Whole Body TT Touch p. 7
- Neck: Neck bend (or Neck Release) p. 8 & Bear TT Touch (or Inch Worm or Swift's Race) p. 9
- Legs: on each leg, Octopus p. 10 immediately followed by circling or Rainbow TT Touch p. 12 OR, the fighting reflex taps p. 12 OR the leg exercises pp. 13-14
- Tail: circles, Peeling & Pelvic Rock pp. 15-16
- Pelvic Tilt p. 17
- The Body Wrap as needed p. 17

**FOLLOW THE TT TOUCHES WITH ONE EXERCISE; 15-20 MINUTES PER SESSION.**

- Rotate the exercises so that you do a different one each session.
- Remember to lead the horse from the right side during some of the activities.
  1. The Dance & Moving in slow, tight Circles pp. 18-20 OR
  2. Ground Poles: on ground; raised; various configurations pp. 21-22 OR
  3. Zig Zag: Dance through the Zig Zag configuration with halts, backing and over poles p. 22 OR
  4. Labyrinth with Body Wrap on Horse p. 23

**END OF THE DAY'S SESSION (over).**

- At the end of the day's session, for a few minutes:
  - Do a TT Touch that covers the whole body; examples: Noah's March or Luck of Cow's Tongue p. 24 or lines of connected circles with Atloone TT Touch or Zig-Zag TT Touch p. 25

**ADVANCED TECHNIQUES**

- **PROCEED WITH CAUTION, AND ONLY IF SAFE,** when the horse is able to negotiate several kinds of configurations.
- Follow the same sequence of doing a TT Touch, an activity, and then end with a TT Touch.
- Remember that you can always shrunk down to a less advanced activity.
  - Dance over a Ground Pole p. 33
  - Half-wheel p. 42
  - Plastic Work pp. 35-36
  - Platform p. 39
  - The Star p. 34
  - Spatial Awareness Course: p. 40

- You can also use a combination of TT Touches and then proceed to an activity.
  - Pelvic tilt and neck release done simultaneously. p. 42
  - Belly Lifts and tail TT Touch done simultaneously. p. 42
  - Tail TT Touch and head TT Touch done simultaneously. p. 42

**SAMPLE of Worksheet!**
**Why Use TTEAM with Horses with Neurological Deficits?**

TTEAM has the intent to activate neural pathways to the brain in order to increase awareness and self-image. TTEAM and TTouch enhances the animal’s ability to learn. Using TTouch and the TTEAM exercises affects changes in animals without using repetition or force.

“TTEAM aims to a create attentive, focused state of consciousness. Through non-habitual exercises and touch, TTEAM encourages the animal to use its mental and physical resources to reorganize its programming and develop more appropriate patterns and responses. By feedback through the 'mind-body loop' the animal’s general physiology moves toward a healthier state. Further, because it has dealt successfully with new challenges in a thinking way, it seems to have 'learned to learn' and tends to meet future strange situations with thinking rather than with automatic instinctive reactions.”

“In TTEAM there is rigorous emphasis on maintaining effective dialogue with the neural control centers that mediate behaviors and not simply coping with behaviors after these centers have set them in motion. Because of this we have found TTEAM useful to 'retrain' a number of physiological responses in ways which promote recovery and health.”

1 A Veterinarian Encounters TTEAM by Tom Beckett, DVM
2 Use of TTEAM in a Veterinary Practice: An Overview by Tom Beckett, DVM and Margaret Reeder, BS.

**How to Start a Rehabilitation Program for Your Horse**

The Worksheet is your guide for your rehab sessions! Schedule your work so that there is a day between each session. Start each session with a TTouch on each area of the body as listed on the worksheet. Follow the TTouches with one exercise as listed on the worksheet. End the day’s session with another TTouch.

On page 2 is a sample of the worksheet. Make copies of the full-size Worksheet in the back of this booklet to use in your rehabilitation program. Read this booklet for descriptions of TTouches and TTEAM leading positions that we found particularly useful for horses with neurological deficits. Advanced Techniques are also suggested for horses who have evidenced sufficient progress. Linda’s books: The Ultimate Horse Behavior and Training Book, Let’s Ride and Improve Your Horse’s Well-Being and all her videos are excellent references for you.

We would appreciate your comments and questions about the worksheet and booklet. Your feedback will help us improve this information.

**Sharing the Results of Your Rehabilitation Program**

We would appreciate if you would share with us the results of your work. In this way we’ll be able to help others who will incorporate TTEAM and TTouch in their work with horses who have neurological problems.

Please send copies of your worksheets and your anecdotal records to:
TTEAM Training  Attn: C. A. Lang  PO Box 3793  Santa Fe, NM 87501

Photos would be a great addition! We suggest that you photograph the horse before you start to work and then periodically as you proceed with the reahbilitation. If you would prefer to send the photos over the internet, please e-mail carol@TTouch.com or call Carol at 800-854-8326.
The Ear TTouch is one of the most useful TTouches you can use for your horse. The ears and the base around them have many acupressure points that, when stimulated, will provide beneficial results. The Ear TTouch is particularly important to remember in cases of emergency and shock. It is also helpful for relaxation, reducing stress, improving digestion, speeding recovery from fatigue and quieting nervous horses.

**How:** The Ear TTouch may be done in several ways:
Photos 1-3: Stand in front of your horse with his or her head lowered. Holding the noseband or the side of the halter with one hand, with the other hand gently stroke the ear on the opposite side from the base of the ear to its tip.

Other TTouches include making Raccoon or Clouded Leopard circles around the base of the ear, where the ear connects to the head.

You can also make tiny connected Raccoon TTouch circles in lines from the base of the ear to the tip. This improves general well-being.

Photo 4: Laying the ear along the horse’s neck and stroking the ear between your hand and the neck is a nice way to introduce the Ear TTouch or at times when the horse seems as if he can’t accept the TTouch.

**Pressure:** For all the ways of TTouching the ear, the pressure is gentle but firm.
**Head TTouch**

With one hand on the halter, use the other hand to make Raccoon Circles around the eyes. With Clouded Leopard circles follow the jowl line and make circles around the base of the ears, on the forehead, between the eyes and down the face to the muzzle.

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**Mouth TTouch**

**Why:** Working on your horse’s mouth and gums can change negative emotional responses such as biting, stubbornness, inflexibility, flightiness, resistance to training. The mouth TTOUCH affects the limbic system, the part of the brain that affects emotions and learning.

**How:** Stand on the left and slightly behind your horse’s head. Hold the halter firmly with the right hand and, with your left hand, make circles on the outside of your horse’s upper mouth, lip and chin areas.

Lift the corner of your horse’s upper lip with your thumb and slip your fingers under the upper lip, over the gums. Slide back and forth. If the gums are dry, wet your hands.

Note: Find a way to TTouch the horse each time you work with him. You may discover that on a particular day, for instance, that the horse seems not to want to be touched on the head. Make a note about the horse’s reaction, but do some TTouch regardless. At the same time, respect that the horse is having difficulty this day and find a way to do the TTouch without force. Always keep a positive intent. If the horse is defensive about being touched, try counter-clockwise circles; even a 3/4 circle. These TTouches may break through the “resistance” the horse is showing.
Lines of Connected Circles

**Why:** Touching the whole body before an activity better prepares the neurologic horse for work through poles and other obstacles.

The lines of connected circles give the horse more opportunity to register what the TT Touch is doing and gives him a sense of his entire body. Linda thinks of “turning on the lights of the neural pathways of the body.”

**How:** First make lines of connected circles on the face and head. Second, while on the left side of the horse, start a line of circles with one 1 & 1/4 circle ; at the end of that circle (at 8:00 or 9:00 o’clock) do not lift your fingers. Draw a line across the face of the “clock” and continue for 2-4 inches and start another 1 & 1/4 circle. Keep repeating this to make the line of circles from the poll down the front leg, and up the inside of the leg, across the shoulder, along the back, down the hind quarter, down the outside of the hind leg, up the inside of the hind leg, and under the belly moving towards the front of the horse to the chest.

At this point, lift your hand off of the body and move to the tail and finish with a line of circles across the top of the tail, then underneath along the underside of the tail traveling down to the end of the tail bone.

Because the neurologic horse is often unaware of the “boundaries” of his limbs, make lines of circles first down the outside of the leg and then up the inside of the leg to give the horse better information about where his leg is.

Do the same on the right side of the horse. While on the right side of the horse, after making 1 & a 1/4 circle, your connecting line to the next circle will be to the left of 8:00 or 9:00 o’clock and at a slightly downward diagonal for 2-4 inches to the next place to start another circle.

**Variations:** You can do the lines of circles with the Abalone or Clouded Leopard TT Touches. The Clouded Leopard would be more specific and the Abalone would cover a greater area.
The Whole Body TTouch is a combination TTouch developed specifically for this rehabilitation program.

Why: Just as with the lines of connected circles, the Whole Body TTouch gives the neurologic horse a better sense of his whole body and the interconnectedness of its parts. He will thereby be better able to do the TTEAM ground exercises: poles, labyrinth, the star or zig-zag formation, etc.

How: Proceed in the following order:
1. Ear strokes
2. Face - TTouch circles
3. Neck and shoulder - do the Lick of the Cow’s Tongue* and then down and up the
4. Front leg with the Rainbow TTouch*
5. Side and hindquarter with the Lick of the Cow’s Tongue and then down and up the
6. Hind leg with the Rainbow TTouch.

Repeat steps 1-6 on other side

7. Finish with circles around the base of the tail and underneath the tail on dock.

* Descriptions of the Lick of the Cow’s Tongue and the Rainbow TTouch are included in this booklet. Check the Index.

Body: The lines indicate the direction and flow of the Lick of the Cow’s Tongue TTouch.

Legs: To do the Rainbow TTouch, move both hands at the same time. Alternate the directions of the inside hand and the outside hand.
Neck Bend and Release

If your horse has trouble lowering his head or shows stiffness when he tries to bend, show him how to bend. The action of releasing the neck and bending the neck will help the neurologic horse regain his proprioceptive skills in releasing (giving) at the poll and turning his head and neck in both directions.

In order to bend, a horse with neurologic deficits might have to step in the direction or swing his hindquarters or tilt his head rather than keep it at a vertical. And if the horse is “locked” in the poll he will not be able to use his body effectively.

**Neck Bend:** Robyn’s left hand is making Bear TTouch circles near the vertebrae while her right hand guides the horse to turn to the left. Rather than forcing his head, Robyn asks for the movement. If the horse moves his hindquarters or steps away, ask less until he is able to do the movement.

Another way would be to lower or raise his head a little to see if the different head position makes it more easy for the horse to bend. Keep the horse’s face perpendicular to the ground rather than tilting his nose.

**Neck Release:** Linda’s right hand is on the horse’s halter. She gently encourages the horse to release by drawing his head toward her with her left hand that is cupped under the chin. Linda would step back to allow the horse room for the movement.

Ask a little; wait; pause a little more so the horse can relax/breathe into your hands.

**Variations of Neck Release:** Place one hand on the crest of the neck with the other hand cupped under the chin.

Or stand in front with one hand on poll, or on the forehead, and the other hand under the chin.
The Bear TTouch allows the fingers to move deeply into areas of heavy muscling without discomfort to the recipient or to the person doing the TTouch. This TTouch is useful in areas where muscles are very tight as well as the neck, the croup and shoulders. To improve circulation use tiny Bear TTouch circles on the top of the coronary band. For the work with horses with neurological deficits, you will use the Bear TTouch in the Neck bends.

**How:** Your fingernails should be long enough so that, as you direct your finger tips straight down, the horse can feel the nails.

In the muscled areas, the TTouch should feel as though you are parting the layers, not "digging" into the muscle itself. Think deep pressure, not hard pressure.

Place your fingers on your imaginary circle at six o'clock so that the contact emphasizes the nails rather than the pads. Make a complete circle with your fingertips and then press straight in and release slowly outward.

The Inch Worm is used along the crest of the neck and helps release tightness in the neck.

Both hands are placed on the top of the neck, about 4” apart, with the thumbs on one side and fingers on the other. With a slight pressure bring your hands toward each other to move the crest about 2” and then hold a few seconds. Then slowly bring your hands back to the starting point. Then with the same pressure, spread your hands apart – one hand towards the ears and the other towards the wither – gently stretching the crest 2-3” and then slowly release.

Move a few inches to another place along the neck. Continue all along the crest.

You can add a slight variation to the above by adding a gentle movement of the crest if you move one hand toward you and the other away. This can soften the muscles along the topline of the neck.

**Note:** Find a way to TTouch the horse each time you work with him. You may discover that on a particular day, for instance, that the horse seems not to want to be touched on the head. Make a note about the horse’s reaction, but do some TTouch regardless. At the same time, respect that the horse is having difficulty this day and find a way to do the TTouch without force. Always keep a positive intent.

If the horse is defensive about being touched, try counter-clockwise circles; even a 3/4 circle. These TTouches may break through the “resistance” the horse is showing.
The Octopus TTtouch gives sensory experience to the horse by having the person’s hands placed around the leg and by movement of the hands first on the inside of the leg, followed by a movement down the outside of the leg and ending with a specific connection of the hoof to the ground.

Steps 1-2: Start with your hands around the horse's foreleg, a few inches below the elbow, with your thumbs pointing at a 45-degree angle towards each other. Rotate your hands and slide your thumbs three to four inches down the leg. Push the skin upward about six inches as you slide each hand, thumbs upward, toward the inside of the leg. At the top of the lift, slide your thumbs away from each other and around to the inside of the forearm.

Step 3: As your hands come around to the inside of the leg, the sides of your wrists come into contact with the leg. Now your wrists are crossed and one hand is on top of the other.

Steps 4-5: Slide your crossed hands lightly down the inside of the horse's leg to the middle of the cannon bone. Pause for a few seconds. Rotate your hands so the palms and fingers make contact, and slide your hands up. Keeping a steady contact with your fingers and palms, slide your hands, with fingers pointing up, around the leg toward you.

Steps 6-7: As your hands come to the outside of the leg, slide one above the other so the thumb of whichever side of the horse you are on is above and touching the little finger of your opposite hand.

Step 8: As your hands move around the leg in opposite directions towards each other, your wrists will cross so one wrist is resting on top of the other. Your baby fingers will now be up.

Steps 9-10: Maintain contact with the inside of your hands/fingers on the inside of the leg and thumbs on the outside pointing toward each other and slide all the way down to the ground, giving a squeeze on the hoof and slowly release.

Step 11: Repeat the movement starting on four different places on the horse's leg - upper forearm, above the knee, a few inches below the knee and a little above the fetlock joint. Finish with another movement on the upper forearm.
The Rainbow TTouch is a way to bring awareness and to promote circulation in the lower leg. The name results from the movement of the hands as they make arch-like slides up and down the leg.

To do the Rainbow TTouch, move both hands at the same time. Alternate the directions of the inside hand and the outside hand as if you were making a rainbow on each side of the leg. Position your body as shown in the photographs below. If the horse raises his leg or steps forward, you can safely move with him or away if necessary.
Your Veterinarian can help you with this one initially. In the course of a neurological examination, your Veterinarian will test your horse’s “righting or placing” reflexes. This is done by picking up one leg and crossing it over in front of the opposite leg. The “normal” response to this is a reflex correction in which the horse places the crossed leg back to the usual position. If your horse holds the leg in the crossed position, he has a slow or absent righting reflex and you should do the following exercises.

**How:** Cross one leg (front or rear) in front of the opposite leg. If the horse maintains this position, use the wand to tap the standing leg above the point of cross-over 2-3 times, then tap the crossed leg, and then tap the standing leg below the point of cross-over. Repeat several times.

The photo shows how the leg is crossed. You can do this exercise alone as well as with a helper.

If the horse does not respond to the tapping as described above, do the following. Stroke from the top of the leg to the hoof. Then tap the hoof wall with the button end of the wand. The tap is firm, but not hard. Then do the righting reflex movement again. Note any changes.

Repeat for any other leg in which the righting reflex is slow or absent.

**Note:** Find a way to TTouch the horse each time you work with him. You may discover that on a particular day, for instance, that the horse seems not to want to be touched on the head. Make a note about the horse’s reaction, but do some TTouch regardless. At the same time, respect that the horse is having difficulty this day and find a way to do the TTouch without force. Always keep a positive intent. If the horse is defensive about being touched, try counter-clockwise circles; even a 3/4 circle. These TTouches may break through the “resistance” the horse is showing.
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TTEAM Leg Exercises

Before doing the leg circles, first do a TTouch (either Python lifts or the Octopus) on the leg. Follow the TTouch immediately with circles. Why? In this way the sensory neurons stimulation will be closely followed by stimulation of the neurons fired by moving muscles and joints. Both contribute to proprioception.

Why: The horse that has neurological deficits needs to recover full awareness of his legs. Another advantage of the leg work with neurologic horses is that you are able to detect changes early on. Differences in your horse's range of motion or reluctance to pick up a leg may indicate soreness or tightness in other parts of the body.

How to do the TTEAM circles of a foreleg: Before picking up your horse's foot, stroke down the leg with the back of your hand. Then, with your fingertips just below the back of the knee or just above the fetlock joint, apply upward pressure then release. This signal teaches the horse to take his weight onto his other three legs and to rebalance to lift his foot. It is very important for any horse, in particular the neurologic horse, to learn this rather than have the handler push the horse out of balance in order to pick up a leg.

Photo 1 & Illustration 1. Support the fetlock joint with your inside hand and keep your forearm along the tendon to prevent torqueing the horse's knee. Your outside hand supports the hoof. Your thumb is on the heel and your fingers are around the hoof. Point the horse's toe toward the ground to keep the fetlock joint unflexed. The sole of the hoof should be perpendicular to the ground.

Illustration 1

Photo 2 and Illustration 2. Your outside elbow rests on your outside thigh so your legs do the work rather than your back. Circle the hoof around the point it had rested on the ground. Use a horizontal motion like a helicopter propeller. The circle goes in toward the other leg, forward, to the outside and to the back. Make the circles in both directions.

Illustration 2

The roundness of the circle is more important than its size. A small round circle is better than a large oval. If this exercise is difficult for your horse, make very small, quick circles, then put down the hoof. In a few lessons, without force, the leg will be much freer and you should be able to circle the leg at several heights between just below the knee to just above the ground.

Variation: At a comfortable level, circle the leg in a figure-8 pattern for 2-3 times. Instead of putting the hoof down, continue a circle as close to the ground as possible and tap the toe on the ground at several points of a circle around the hoofprint. Finish by placing the foot flat on the ground.
How to do the TTEAM circles of the hindlegs:

Photo 3. Stand beside (parallel to and facing the rear) your horse rather than with your hip into him. This teaches the horse to keep his balance instead of leaning on the handler. Notice that Linda’s head is not directly behind the horse and that she is standing in balance.

Photo 4. Run your hand down the back of the leg and ask with the same squeeze-release signal that you used to pick up the front leg. If your horse tends to pick up the hind leg too quickly, or you don’t know how he will react, hold his tail with your outside hand. When the horse is tight in the hindquarters or nervous about having his leg held, support the leg in the direction he wants to take it. This will usually be more under his body. If you try to move the leg in the circle immediately, he will likely become stiff and tense.

Hold the hoof, keeping the leg under the horse’s body and fairly close to the other hind leg.

5. Transfer your outside hand to the outside of the hoof. Bring your inside hand around the inside of the horse’s leg. Use your hand to support the leg around the back just above the fetlock joint. Notice that Linda’s outside leg supports her outside arm to avoid strain on her back and to help her stay in balance.

The circling of the horse’s hindleg happens as Linda moves from the balls of her feet through her body rather than using just her upper body and back.

Make horizontal circles with the horse's foot at whatever height is easy for him. Take the hoof forward, to the outside, back and to the inside. Circle the leg two or three times in each direction or vary big circles with little ones.

Rest your outside elbow on your outside leg. Use your body rather than just your arms to circle the leg. Think of circling your knees around your ankles to initiate the movement. This will prevent stress on your back. The only place in your body you should feel this exercise is in your thighs. Remember to breathe.

If you have back problems, do not do this exercise.
Tail TTouch

1. Stand to the side of the horse and do TT touches on the hindquarters and buttocks and then on both sides of the dock.

2. Rotating the Tail: Stand beside the horse. Pick up the tail with your left hand two-thirds of the way down the tail bone and the right hand about two inches from where the tail meets the body. Push the tail inward and upward with your right hand to create an arch. Rotate the tail several times in each direction. Your right hand is active; your left, supportive.

3. Applying Traction: Stand behind the horse, again only if the horse is relaxed and you feel safe and comfortable. Hold one hand half way down the tailbone, and the other hand near the end of the tailbone. Stand in balance with one foot forward and the other back. Slowly apply traction by shifting your weight from the front to the rear foot. Pause a few seconds and slowly release the traction shifting your weight to your front foot again. Repeat two or three times. If the tail is loose or feels mushy or rubbery (seems to lack connection to the body) do not apply traction.

4. Pearling the Tail: Stand behind the horse when he is relaxed and you feel safe and comfortable. Place your hands around the tail with your fingers under the tail bone and your thumbs on top. Gently flex the tailbone forward and backward with your fingers. Your thumbs will support the movement.

Uses: To improve balance and gait; to relax the back

Pressure: Slow and gentle.
**Pelvic Rock**

**Why:** The Pelvic Rock helps to encourage lateral movement through the horse’s pelvis and spine. This non-habitual movement will facilitate waking neural pathways in the horse.

**How:** Hold a clump of hair at the top of the left side of the horse’s tail. Shift most of your weight over your left foot as you carefully pull the horse’s weight to the left with the tail hair. As the horse’s weight shifts to the left, slide your hand down the hair. Then repeat this same move to the right. Continue to do this right/left movement several times. The horse will learn to rock with you.

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**Pelvic Tilt**

**Why:** The Pelvic Tilt gives us a way of influencing the sacrum and allows the horse to feel movement throughout his hindquarters. The pelvis and the poll are physiologically connected so when we influence the sacrum we enhance the horse’s awareness of his body – head to tail. There is a reflex point along the point of the buttock for a horse to tuck. Instead of activating this reflex with an abrupt movement, we use a slow, subtle movement which encourages the nervous system to pay attention to the movement.

**How:** After introducing your presence to the horse through other tail work, use your fists and slowly apply a forward pressure just below the horse’s buttocks. The movement acts as a pelvic tilt for the horse. As you slowly release, you may see movement through the pelvis. With a tall horse you may not be able to see the movement. Having someone watch from the side and give you feedback about the movement is helpful.

Repeat this movement several times and at various places on the horse’s buttocks. Some horses push back towards the pressure; and this really tilts the pelvis. If the horse walks forward the first time you try the tilt, use less pressure until the horse realizes what is happening.

Another way to do the Pelvic Tilt is to have a second person do circles and forelock hair-slides while you are tilting the pelvis. The person at the horse’s head will be able to tell you about how the horse is reacting to the tilt and the TTouches this person does will reinforce the connection between the front and back ends of the horse.
The Body Wrap is a TTEAM tool for influencing a horse’s behavior, increasing awareness and improving his performance. The body wrap is composed of two elastic bandages (for instance, Ace or Tensor) secured together. It is tied in a figure eight around the horse. Slight variations in the placement elicit different responses (see accompanying illustrations). The wrap maintains a constant connection with the body because it moves with the horse. This is particularly significant for horses with neurologic deficits because this continual sensory input encourages the rebuilding of the neural pathways.

Most horses accept the body wrap with little preparation. Here are some considerations to keep in mind when putting a body wrap on your horse for the first time.

• Before tying the wrap back to itself, start by holding the end of the wrap while you are standing just behind the horse’s shoulder. Have a helper lead the horse forward a few steps and stop. Repeat. If the horse seems comfortable and accepting of the wrap go ahead and tie it.

• If the horse has very tight hindquarters or tail, start by holding the wrap over the horse’s tail and repeat the walk-halt exercise before placing the wrap under the tail.

• If you are alone and your horse is comfortable about having his tail and hindquarters handled, you may be able to put the body wrap on by yourself in a large stall or contained area.

It is very interesting to notice the subtle and dramatic changes that occur with the body wrap. For instance, a strung-out horse or one who is camped under suddenly takes on a more balanced stance, having “a leg at each corner.” Or a horse’s topline may change so that he looks “rounder.” Or you may see more movement and engagement in the hindquarters.

There are two basic ways to tie the body wrap. Experiment for yourself and see if there is a difference with your horse.

Method 1: Wrap is in a figure 8.
The wrap goes around the horse’s neck, crosses over or behind the withers (you may add a twist as shown) and the long end continues around the hindquarters and under the tail. It’s then tied to the short end in a bow.

Method 2: Wrap is “bridged.”
Start with one wrap tied around the horse’s neck and back to itself, leaving a tail. Tie a second wrap to the tail of the first wrap in a bow. Take the second wrap around the horse’s hindquarters and tie it to the wrap that’s around the horse’s neck. The idea is to have the wrap form a “bridge” over the horse’s back just behind the withers.
TTEAM® as a Complement in the Rehabilitation of Horses with Neurological Deficits

The Dance

For the neurologic horse, we want to associate various points of stimulation with movement. In other words we want to stimulate many parts of the leg when asking the horse to move it. So, vary the place on the leg that you touch with the wand. You can signal a forward movement by touching the back of the forearm, the knee, the cannon, the fetlock, the pastern. Likewise, pick various parts of the hind leg.

You can signal a backward movement by touching various parts of the front of the leg as you simultaneously signal with the lead.

**Why:** A horse with neurologic difficulties is out of balance. One of the basic principles of TTEAM is to remember that physical, mental and emotional balance are all connected.

The TTEAM exercise called "The Dance" can dramatically improve your horse's physical balance – and therefore his attentiveness. The Dance can help the neurologic horse become more coordinated, focused, cooperative, obedient and self-controlled. The Dance, through TT Touch and movement, teaches the horse to move forward and backward from specific signals, rather than moving through reflex. The neurologic horse who habitually stands out of balance, i.e.: his front or hind legs are base wide or narrow or out of square, will benefit from doing The Dance.

To perform The Dance, you will ask your horse to back up or to move forward, in diagonal pairs, one step at a time. For example, you want your horse to move his left fore and right hind legs simultaneously. Pause briefly, then ask your horse to take a step back with the other pair. After several steps in this way, ask the horse to come forward, again using diagonal pairs.

Use your wand during this exercise to signal your horse in four places: the chest, the forearm, the cannon bone and the pastern. A signal at each of these places requires a slight change of balance on the horse's part because the variety of signals brings awareness to different parts of his body.

To teach The Dance you need a well-fitting halter, a TTEAM lead (a soft nylon lead sewn to a 30-inch flat chain) and a specialized four-foot stiff whip called a wand. The halter should fit snugly and fairly high on the horse's nose bone. Adjust the lead chain so that you have approximately four inches of chain hanging from the halter.

- If your horse is base narrow, you may ask him to move his legs apart by tapping the inside of the fetlock joints or the cannon bones.

- If you find that the horse is unable to back in a straight line, take him into the Zig-Zag or the Labyrinth to back a few steps, or use a wall or fence on one side to help keep him straight.

- Wearing a Body Wrap can also improve a horse's balance and connection through his body and make the Dance easier.

**Illustration 1:** With the lead in one hand, hold the chain softly about two inches from the halter.
The Dance continued:

**Illustration 2:** With the wand, stroke your horse on the underside of the neck all the way down his legs to the hooves. Stroke both forelegs to acquaint your horse with the wand. To avoid “tickling,” press firmly enough to have a slight flex in the wand, and use long sweeping strokes. You could also tap the hooves lightly with the tip of the wand.

**Illustrations 3-5:** Depending on how your horse is standing, ask him to take a step back, starting with the most forward front leg. Raising his head slightly, give an “ask/release” signal to back from the chain at the same time you tap the leg with the wand. As soon as the horse starts to take a step back, release the “back” signal at the head; stroke down the leg and over the hoof as soon as it touches the ground to help prevent the tendency to take another step.

Notice if the horse naturally backs in diagonal pairs, which is the ideal situation. A horse with neurologic deficit will often show a hesitation between the movement of the front and the back legs; or will back laterally; or move only the front leg; or might have difficulty taking any steps at all. If your horse has trouble backing diagonally, stroke the front and back of the front leg you want to move, as well as the belly and the diagonal hind leg. As you ask with the tap on the hind leg, give a signal to back with the chain. If your horse has difficulty pairing up his diagonal legs for the steps, ask for a couple of steps back, then bring him back forward with the Dingo for a few steps, then ask for one step back. Or take a break, walk your horse through the Labyrinth and try The Dance again.
The Dance continued:

Illustration 6: You can increase awareness of movement of a hind leg, by momentarily touching the diagonal fore leg and then signaling the hind leg.

- If you are fortunate to have another person working with you, have her signal for a movement of the hind leg with a wand while you give the signal on the lead and tap the front leg. The signal on the halter should be subtle to encourage the horse to give softly at the poll. This will help him soften through the body to the pelvis and will make backing easier.

Moving in Circles

This is a movement adapted from the neurological examination that a veterinarian will do with your horse.

Position yourself at the horse’s shoulder, or slightly behind the shoulder, facing the horse’s shoulder. Ask the horse to walk forward and around you by drawing forward and around you with the lead and gently cuing with the wand from behind. You will walk backwards in a very small circle as your horse walks in a small circle around you. This should be done slowly and calmly, and the horse should not pivot on any of his legs. The horse should cross forward and underneath his belly with the hind legs and forward with the front legs.

Once you are able to achieve this circle with the horse, add the use of the wand. While circling, touch the inside rear leg with the wand at the moment the leg leaves the ground and continue to contact the leg until it hits the ground again. Repeat this 4-5 times touching the rear leg in different places each time.

Repeat the whole exercise circling in the opposite direction.

Note: While doing each exercise of the TTEAM Confidence Course, use these three steps:
1. Before you start an exercise, walk the horse through/over it so that you can observe his level of awareness and how he uses his legs and body.
2. Then go through the exercise with intent and focus while using the wand as a stimulating aid. Adapt the exercise to reach maximum improvement for the time spent.
3. At the end of the exercise, walk the horse through/over it again and observe the changes.
**Ground Poles - TTEAM use for spatial awareness**

**Why:** For a neurologic horse, working over poles can increase proprioception through movement. The horse has visual input. The horse learns to differentiate and to balance in a different way. The movement of the legs at different heights helps free tight backs and shoulders.

The first time you take a horse through a line of poles, have the poles flat on the ground and evenly spaced. Change the height and distance only after the horse can safely handle this first step. You can always “chunk down” a lesson by making the exercise easier so that the horse will not only be safe but also successful. For example, if you had a line of four poles, you could reduce the line to three or two or even a rope on the ground.

As the horse becomes better at negotiating the poles, make the exercise more challenging by changing the distances between the poles, raising the right (or left) ends of all the poles; elevating the ends of alternate poles - left, right, left, right, etc.; varying the height of the poles. Change the configuration of the poles every couple of times so that the horse learns to place his feet in relation to each pattern that he sees. Why? A neurologic horse often has trouble with exact placement of limbs. Visual stimulation, through a variety of pole patterns, is important for the redevelopment of proprioception.

If the horse hits the pole(s) with a leg or foot, stop after completing the line of poles. Do the Octopus or a line of connected circles on that leg to give sensory feedback. Then repeat the line of poles to reinforce the horse’s proprioception through movement.

A variation would be to stroke the leg with the wand and then tap the hoof. See Illustration to the right.

- The ends may be raised to heights ranging from 6” to 24” by using a ground pole laid vertical; or with tires, jump standards, milk crates, bales, boxes, etc.

- TTEAM leading positions that would be most effective in leading a horse over ground poles: The Elegant Elephant with the line held 8”-12” from the chain, the Grace of the Cheetah, Dolphins Flickering through the Waves or the Homing Pigeon.

A very effective technique for the neurologic horse is to use the wand on the leg(s) as the horse crosses the poles.*

- Hold the wand in front of the forearms (or the hocks) as the horse walks the line of poles. The horse will touch the wand with the forearm (or hock) of each leg as he steps. The contact of the wand should be firm. You probably will see the neurologic horse begin to “reach” for the wand. This reach is typical of the neurologic horse who needs extra feedback to be aware of his movement. See photos on next page.

- Another technique is to tap the back of one leg as the horse lifts his foot.

- This activity also stimulates a neurologic horse to become better aware of the diagonal movement of his legs.

* Ideally you have taught the horse to keep a 4’ distance (the length of the TTEAM wand) from you as you walk across the poles.

See the TTEAM leading exercises shown in this booklet.
Ground Poles continued:

The leader and helper make contact on the legs of the horse as he proceeds through a line of poles.

The Zig Zag - an element of a Spatial Awareness Course

Why: the Zig Zag gives the horse simple boundaries in which to move. He can visually perceive the poles and the aisle. He gets immediate feedback should he hit a pole while dancing forward and backward.

How: Walk the horse into the aisle of the Zig Zag. In each section, move back and forth in the Dance and then approach the bend and move around it. As the horse gets good at dancing through the Zig Zag, make the aisle more narrow to encourage the horse to track straight. You might try backing around the bends, too.

Use six poles set in a shallow zigzag.
The horse has an opportunity to improve balance and focus.
The Labyrinth - TTEAM use to increase spatial awareness

Why: The neurologic horse is likely to have difficulty knowing where he is in relation to the poles on the ground. The labyrinth teaches coordination, flexibility, patience, self-control, balance, focus, obedience. As the horse is asked to move through the labyrinth in slow precise steps, using different leading positions, his balance usually improves. He will receive information from the cues of the wand and lead; from your movement; from his movement through the turns and straightways; from the visuals of the spaces between the poles and the poles themselves.

The configuration can be varied by changing the length of poles, number of turns, the distance between the poles. Each time we make changes in the way we move the horse through the labyrinth or the size or shape, we give new information and influence patterns of movement.

TTEAM leading positions most often used - Elegant Elephant, Dingo with Cuing the Camel or the Homing Pigeon.

We usually start the labyrinth from the Elegant Elephant or Homing Pigeon. The idea of this obstacle is to stop and start before each turn. As the horse moves around the corners observe if he has more difficulty bending in one direction than the other. Notice if the horse's hindquarters follow his front end around the corners. Is it the same in both directions? If a horse has trouble bending correctly around a corner, the next time through use the Dingo and stroke him with the wand along his back as he steps around each corner.

How to construct a TTEAM Labyrinth:

Usually we use 12’ rails, but be creative. 7’ or 8’ fence posts can be put two together to make the outside parameter of 14’-16’ with two turns inside. Other options include PVC pipe weighted with sand or even rope.

The distance between the rails is usually four feet. However, if your horse has trouble staying within the boundary of poles or is nervous, make the distance wider to start. For riding through the labyrinth, space the poles about 5-6 feet apart. For a horse with neurological problems, the poles may be spread up to 8 feet apart.

Variations:
- Use the half-walk (taking steps half the length of a normal walk) to go through the labyrinth. This helps improve balance especially with horses who fall in on corners. It also requires extra focus and concentration.
- You can also use the labyrinth as walking or trotting poles. You have the choice of going straight over two or four poles or going diagonally across them.
- A circular labyrinth is another interesting variation. Use rope or hose and spiral out from a central point.
**Noah’s March**

Noah’s March is the TT Touch we use to finish a session. Similar in nature to the Lick of the Cow's Tongue, this TT Touch is done with the intention of reintegrating the body of your horse after a TT Touch session. Think of the basic TT Touches as "dots," and the long sweeping strokes of Noah’s March "connect the dots" after the session.

**How:** Begin at the top of the neck and make long strokes with the flat hand. Cover every inch of the body all the way down the legs to the ground. Use to finish a session and provide reintegration and revitalization.

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**Lick of Cow’s Tongue**

This is a long, sweeping diagonal stroke across the lay of the hair made with your fingers spread slightly apart and gently curved.

**How:** Start under the belly and gently slide your curved fingers across the belly and up onto your horse's back. For horses or other large animals, this movement can also be executed across the shoulder, starting at the lowest point of the shoulder and moving up to the withers. Sometimes, when working with an overly sensitive animal, the skin will twitch. When this happens, stop your movement and do a light Abalone circle before moving a few inches to the next area. This encourages the animal's calm breathing and breaks the habit of contracting the muscles and pulling away from contact. You can also do it across the hindquarters. Be sure to start very gently and accustom the horse to this extended contact.

This TT Touch will usually give horses a better sense of their bodies, often noticeably improving gait, balance and coordination along with self-confidence.

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**Note:** While doing each exercise of the TTEAM Confidence Course, use these three steps:
1. Before you start an exercise, walk the horse through/over it so that you can observe his level of awareness and how he uses his legs and body.
2. Then go through the exercise with intent and focus while using the wand as a stimulating aid. Adapt the exercise to reach maximum improvement for the time spent.
3. At the end of the exercise, walk the horse through/over it again and observe the changes.
Abalone TTouch

The Abalone TTouch is one of the basic touches. We use all parts of the hand including the very center of the palm when the hand is curved around the body. We find that the warmth of the hand is very soothing.

Imagine your hand sticking to the hair like an abalone sticks to ocean rocks. That is how we came up with the name. Softly move the tissue in a clockwise circle and make enough contact to avoid sliding ACROSS the hair. As with all of the circle TTouches, start at 6 o'clock (with 6 o'clock oriented to the ground) and push the skin once around the face of the clock past 6 to 8 o'clock, pause and then gently follow the skin back to 6 as you are releasing.

Because the pressure is light and diffused over a large area, the Abalone is a soothing TTouch. It will be helpful with horses who are overly sensitive to pressure from the fingertips.

The Abalone moves a large area of skin and often helps an animal to breathe or to release the breath if held.

Zig Zag TTouch

When and Why: After completing an exercise or when removing the Body Wrap, the Zig Zag TTouch is a good way to connect with the horse, to bring awareness and to reconnect his body.

How: With the fingers spread apart as in the Lick of Cow’s Tongue, stroke diagonally upwards about eight inches toward the top of the neck or body, then rake downward about eight inches continuing the slant slightly towards the rear. On the downward rake, your fingers will come together. Continue the zig-zag pattern from the front to the back.
Elegant Elephant - Leading Position

The Elegant Elephant is the strongest leading position and gives you the most control over your horse. The horse learns to respect you and to respond to your signals. You can lead your horse safely and control him without force. He learns self-control and moves in balance. The wand also teaches the horse to focus and indicates the direction in which you want him to move. Imagine the wand as a trunk of an elephant that can give clear signals to the horse.

**How:** Hold the line in both hands: the end of the line is in your outside hand with the wand; the inside hand will be on the swivel of the chain. A movement of the wand in combination with a signal from the lead tells the horse to move forward or to stop.

**Remember:** It is dangerous to hook your finger in the metal triangle of the chain or the side ring of the halter! Practice holding the lead line in "rabbit ear" loops (as you would hold a lunge line) until it becomes second nature to make sure you won’t wrap it around your hand by accident.

Grace of the Cheetah - Leading Position

The Grace of the Cheetah is a leading position named after the cheetah whose long tail made Linda think of the use of the wand.

**Why:** As a horse advances in his rehabilitation, there will be times you will want the horse to move at a distance from you rather than depend on your closeness, much less lean into you. If the horse can walk across a line of poles independent of your lead, then you will be able to use your wand to touch his legs.

Using the Grace of the Cheetah leading position teaches your horse to follow the movement of the wand, to stay several feet away from you, and to stop from a signal from the wand combined with your voice. The horse learns to listen to your signals even when you are giving them from a distance.

In order to stop a horse that you are leading from a distance, slide your inside hand up the line and combine a tap on the chest with your signal from the lead.

**Remember:** If you are 3-4 feet away from the horse you cannot effectively use the lead to stop him. And you want your horse to stop without turning towards you so that he learns to think, not just react. So you have to learn to tap the horse lightly on the neck to keep him at a distance and straight. To stop him you tap him on the far side of his chest.

**Note:** While doing each exercise of the TTEAM Confidence Course, use these three steps:
1. Before you start an exercise, walk the horse through/over it so that you can observe his level of awareness and how he uses his legs and body.
2. Then go through the exercise with intent and focus while using the wand as a stimulating aid. Adapt the exercise to reach maximum improvement for the time spent.
3. At the end of the exercise, walk the horse through/over it again and observe the changes.
Dingo and Cuing the Camel - Leading Position

What: The Dingo is a leading position that we named after the wild dog found in Australia.

How: The Dingo teaches a horse to come forward from a combined signal. First steady the horse and position his head. If the horse tends to be high-headed, lower his head. If the horse tends to be on the forehand, raise his head a little. Then stroke along the back from withers to croup. As you signal forward with the chain, tap the horse three times on the croup. The taps are forward scoops. Remember to prepare your horse for the tap of the wand on his croup by stroking along his back several times, so you don't startle him.

For the neurologic horse, the Dingo is very beneficial because he is touched on the head and croup simultaneously, thereby increasing awareness of his hindquarters as he is asked to step forward in balance.

Remember, to keep your horse straight, place your hand on the chain about four inches away from the halter. Make sure you don't pull his head to the side and put him off balance.

After moving the horse forward in the Dingo, we use Cuing the Camel to stop the horse. Tap him on the chest with the wand at the same time you give the signal to stop with the chain and your voice. (In Australia, Linda rode and worked with camels on safari. Three complicated stages are used to tell a camel to lie down.) Cuing the Camel teaches the horse to shift his center of gravity back and come to a stop in balance.

Note: While doing each exercise of the TTEAM Confidence Course, use these three steps:
1. Before you start an exercise, walk the horse through/over it so that you can observe his level of awareness and how he uses his legs and body.
2. Then go through the exercise with intent and focus while using the wand as a stimulating aid. Adapt the exercise to reach maximum improvement for the time spent.
3. At the end of the exercise, walk the horse through/over it again and observe the changes.
**Journey of the Homing Pigeon - Leading Position**

**Benefits include:** Both sides of the horse’s brain are activated. The horse needs to pay attention to the left and the right simultaneously. This enhances his ability to learn and teaches him to be cooperative.

Additionally, the Homing Pigeon, as a very non-habitual experience,

- offers the opportunity to focus and to learn in a new way. Because it gives a horse signals from both sides of his body at the same time, the neurologic horse has twice as much sensory input.
- gives a neurologic horse a sense of containment (new and different boundaries) that can assist better proprioception
- gives a horse more space which allows more freedom of the head, neck and back
- improves balance and self-confidence because it gives the horse a sense of security and self-image
- teaches a horse to stop in balance through the body rather than being signaled from the halter because we use a signal of the wand on the horse's chest to halt
- is helpful with a horse who crowds the handler because crowding usually is due to being insecure and unbalanced.
- is usually the quickest way to override the instinct for flight

Two people, both with wands and shown here in the Grace of the Cheetah position, lead the horse. The leaders are like the open wings of a dove. Linda imagines that the horse will focus or "home in" on the wands like a homing pigeon.

One leader can also be in the Elegant Elephant (2) leading position while the second leader stays in the Cheetah (1).

For the Journey of the Homing Pigeon you can use one chain lead line, one Zephyr (soft) lead and two wands. Two Zephyr leads can also be used.

**Note:** While doing each exercise of the TTEAM Confidence Course, use these three steps:
1. Before you start an exercise, walk the horse through/over it so that you can observe his level of awareness and how he uses his legs and body.
2. Then go through the exercise with intent and focus while using the wand as a stimulating aid. Adapt the exercise to reach maximum improvement for the time spent.
3. At the end of the exercise, walk the horse through/over it again and observe the changes.
Dolphins Flickering through the Waves - Leading Position

Teaching a horse to stay away from the handler at the walk and also at the trot is good preparation for lunging. Many horses can accept a person very close or at the end of a lunge line, but have difficulty at a distance of 3-6 feet away from the handler. The TTEAM exercise "Dolphins Flickering Through the Waves" teaches a horse to maintain any distance chosen by the handler. This is very useful for a horse who crowds the handler because of a lack of confidence.

The horse learns to move forward in a straight line about a wand’s length away from you and at the pace you set. He also learns to respond to signals from the wand without fear.

How: Start the horse from the Dingo. As you and the horse are moving forward, step away from the horse while sliding down the lead. To keep the horse in his path, use the end of the wand to "flick" the horse in the four places indicated by the 'X's in the illustration to the right.

The top of the croup indicates forward movement. The top of the scapula keeps his shoulder from dropping in toward you. Six inches behind the horse's ear, just below the crest, asks the horse to soften and bend his neck. Flicking on the chain (which gives extra sensory input to the neurologic horse) or lightly on the muzzle also keeps the horse at a distance.

Accustom the horse to being "flicked" lightly and precisely. If the horse maintains his forward movement and his distance from you it is not necessary to keep touching him with the wand. When you are teaching the horse this exercise it will probably be necessary to do more "flicking" than after the horse has learned what is expected of him.

To change direction or to turn the horse away from you, use the wand on the neck or chain/nose. If the horse hesitates or slows down, use the wand to tap on the side of the back just behind the withers to encourage him to keep moving forward. See "F" on drawing.

To stop the horse, switch the wand from your inside hand to your outside hand that holds the end of the line. Slide your inside hand up the line so that you are in the Grace of Cheetah position to signal the stop.

Note: While doing each exercise of the TTEAM Confidence Course, use these three steps:
1. Before you start an exercise, walk the horse through/over it so that you can observe his level of awareness and how he uses his legs and body.
2. Then go through the exercise with intent and focus while using the wand as a stimulating aid. Adapt the exercise to reach maximum improvement for the time spent.
3. At the end of the exercise, walk the horse through/over it again and observe the changes.

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Switching from the Dolphin to the Cheetah

1. From the Dolphin leading position you can change
2. to the Cheetah position by switching the wand from your inside hand to your outside
   hand that is holding the end of the line.
3. and then slide your inside hand up the line so that you are now in the Cheetah position.
4. You can now signal the stop by tapping the horse on his chest.

If the horse continues to move forward, you can now, with the Grace of the Cheetah, slide further up the line (closer to the head of the horse, near or on the chain) and reinforce the tapping signal with a signal from the lead. Remember that in the Cheetah (#3) and 3-4 feet away from the horse, you cannot effectively use the lead to stop him.

TTEAM Lead

TTEAM uses a six-foot soft nylon lead with a thirty inch chain and swivel sewn on. This type of lead allows you to give clear signals in clear, precise and soft ways, without force. It also encourages a horse to lower his head out of the flight stance. Besides the advantages of the TTEAM use, the neurological horse will receive auditory and vibrational input and sensory feel from the chain, and also have a connection from one side of his head, across his face and up the other side of his head.

How to fasten the lead onto the halter: From the outside, thread the chain in and down through the left-side halter ring, across and over the noseband, from the inside out through the right halter ring, and up the right cheek piece to snap to the top ring. See the illustrations on p. 31.

The chain goes over the noseband, so the direct pressure does not cause discomfort on the horse's nose. Make sure the halter fits with the nosepiece 2-3 fingers below the cheek bone. You should be able to get two fingers, held sideways, between the jawbone and the nosepiece. Too loose or too tight a halter lessens the effectiveness of the signals and control.

Do not tie your horse with a chain lead line! If he pulls back he could injure his nose. When you lead your horse, only use short tug-and-release signals. The chain lead line is a wonderful tool when used properly. Use it in combination with the wand, voice commands and body language. Don't use it to punish your horse! Keep your finger out of the metal triangle on the chain or the halter ring. Practice holding the end of the nylon lead in loops like "rabbit ears" (as you would hold a lunge line) until it becomes second nature; then you won't accidentally wrap it around your hand.

If you feel unsure about using a chain, or you have a young or very sensitive horse, you can use a lead line with a soft rope in place of the chain. This lead is attached to the halter in the same way as the chain. TTEAM calls it the Zephyr (a soft breeze) lead. Foals should always be led with a Zephyr lead because a chain is too heavy and can be severe in its effect. Remember, the chain and the wand are training tools. And we have found that the sensory input of the chain is important to this rehabilitative effort. Make a point of using the chain at various times.
TTEAM® as a Complement in the Rehabilitation of Horses with Neurological Deficits

Lead continued:

To properly adjust the chain for TTEAM work, first run a 30 inch chain down through the left halter ring (from the outside, in).

The chain goes over the noseband, so the direct pressure does not cause discomfort to the horse's nose. Make sure the halter fits so that 2-3 fingers, held sideways, can fit between the jawbone and the nosepiece. Too loose or too tight a halter lessens the effectiveness of the signals and the control.

On a small horse the chain may be too long. You can shorten it by taking the end through the highest ring of the halter and attaching it back to itself. Doubling the chain on one side will shorten it on the other side.

With TTEAM, we teach horses to lead from both sides. This improves the coordination of both horse and human. You can help your horse to bend equally well to both sides by leading him through the ground exercises from the right side also.

Variation: Sometimes it's easier to lower a horse's head by threading the chain through the lower ring, up through the top ring on the same side and then attaching it back to itself.

The lead shank then goes through the right halter ring (from the inside) and snaps onto the top ring. Make sure that the snap faces outward so it doesn’t rub the horse’s head.

A four-foot stiff whip with a hard plastic button on the end. It is used as an extension of the arm to stroke all over the horse and to give him a sense of his body. It also teaches him to respond to light signals. A white wand is preferable so the horse can see it easily and doesn't associate it with whips that he might have been punished with in the past.

TTEAM Wand
The first step in changing the habitual instinctive response of flight, fight or freeze is to teach the horse to lower his head on cue without fear, force or mechanical means.

**Why** As the neurologic horse learns to respond to a variety of cues, his abilities will increase. Further, when the horse responds to cues like these, you will be able to position his head so that he is better able to negotiate the ground poles, the TTEAM Star, and other patterns of poles that you will use to increase his motor skills.

A lowered-head posture enables the horse to relax and lengthen his whole body, especially the muscles through the neck, back and pelvis. Stroking with the wand helps the horse to keep his balance and to relax the muscles in the neck. The tools of the TTEAM work are essential. We use a lead with 30” chain, or the TTEAM Zephyr lead, and a 4’ stiff wand (whip).

To teach a horse to lower his head on cue, stand in front of the horse’s head, put your left hand on the noseband of the halter with your fingers together and cupped. Hold the right hand lightly on the chain. With a gentle "tug/ release" signal ask the horse to lower his head.

Photo 1 shows an alternative. Hold the forelock hair and do TTouch circles or stroke the hairs of the forelock as you signal with the gentle tug and release with your other hand.

Photo 2 is another alternative. With both hands cupped lightly on the halter, you can move the horse's head slowly to the left and to the right as you continue to ask for the lower posture. This will "unlock" the head/neck. If the horse tucks his chin behind the vertical, lighten the pressure on his nose. Once the head is lowered, quietly do TTouch circles around the poll for several seconds as a reward. Moving the horse's head gently left and right is an excellent way to achieve a proper bend of the neck and breaks through habitual patterns of resistance and inflexibility.

Photo 3: Another way to lower the horse's head is also used during TTEAM body work to help reduce neck tension. Face the side of the horse's face. Place one hand several inches behind the ears on the crest of the neck and the other hand on the bridge of the nose or halter, or on the chain as shown here.

The hand on the crest should have the fingers on one side of the neck and the thumb on the other. Curl your fingers and thumb slightly to lift the muscle at the top of the neck and then gently release your fingers. Then ask the horse to lower his head with slight pressure from both hands.
Advanced Techniques

When the horse has progressed through the previous activities, you can go to a higher level. Remember to proceed with caution, and only if safe. Follow the same sequence of doing a TTouch, then an activity, and end with another TTouch as shown on your Worksheet.

Remember that you can always chunk down an exercise or go back to a previous level.

Advanced Technique – Dance over one ground pole

Using one ground pole, ask the horse to step over the pole with just one foot and then to stop. The pole will be between the horse's front legs. From this point you can ask the horse either to step forward with the other foot or to back over the pole. As he becomes more proficient, Dance the horse so that he learns to move a front leg over the pole and then to bring that leg back to the original position. The backwards movement is particularly difficult. Because the horse isn’t getting the same visual help as he does when he moves the leg forward, he might step onto the pole or hook his pastern on the pole. Therefore, this exercise should be done only if the horse has been prepared carefully. The handler should put a foot on the pole so that it cannot roll under the horse.

Stop the horse in front of a pole. Ask the horse to step forward and over the pole. As he steps over the pole, tap him on his chest, simultaneous with a signal on the chain, to stop him so just his front feet will be over the pole. This will help the horse re-learn how to shift his weight back. Now ask him to back over the pole. (For the neurologic horse this movement will be easier than the second movement of moving the hind legs because he will have the visual input.) Make sure the pole doesn’t roll.

The same exercise can be done with the hind legs stepping over the pole. This requires very precise organization and awareness of the hind legs, particularly for the neurologic horse, so approach this activity with special care.

Even being asked to stop straight after walking over the pole is sometimes more than a neurologic horse can handle. Stroking his legs, having him wear a Body Wrap and bringing some grain up from behind to encourage him to stop and turn his head to look back are all useful techniques to help overcome this fear.

Note: If the horse has difficulty stopping with the pole near his feet, especially if you are asking him to straddle it, have someone help you by stroking the hind end and legs with a wand.
Advanced Technique – The Star
An Element of the Spatial Awareness Course

The Star (or Fan) is made with 12’ poles that are raised at one end on tires, a bale of hay or straw, a milk crate, or something similar. The ends of the poles that rest on the ground are usually spaced about 4’ apart. Adjust this distance as necessary so that the horse can successfully negotiate the poles.

Usually four or five poles form the Star. With a neurologic horse, start with the poles on the ground rather than as shown in this illustration.

If four poles are too difficult for the horse, start with one pole, then add each additional pole as the horse is successful. Space the outer ends about 4’-5’ to begin with, but adjust to the capability of the horse.

How: The horse should be accustomed to working through poles before you try this exercise. Start with the handler on the inside. Stop the horse in front of the first pole. The leader steps over one or two poles and then asks the horse to come forward. If the horse swings out to avoid walking across the poles, you may need to make the distance between poles wider, lower the poles at the raised ends or place every other pole flat on the ground. After several successful walks through, the leader can lead the horse through the Star while she stays outside the poles.

Why: The Star encourages the horse to differentiate the placement of his legs while stepping, in a curve or bend, over poles whose height varies for each side of his body.

TTEAM leading positions that would be most effective in leading a horse in the Star: The Grace of the Cheetah or the Elegant Elephant with the line held 8-12 inches from the chain.

Note: While doing each exercise of the TTEAM Confidence Course, use these three steps:
1. Before you start an exercise, walk the horse through/over it so that you can observe his level of awareness and how he uses his legs and body.
2. Then go through the exercise with intent and focus while using the wand as a stimulating aid. Adapt the exercise to reach maximum improvement for the time spent.
3. At the end of the exercise, walk the horse through/over it again and observe the changes.
Advanced Technique – Work with Plastic

A basic premise of TTEAM work is to view difficulties as opportunities to learn. For the neurologic horse we want to create opportunities through non-habitual exercises that will challenge the horse’s mind and body to adapt and to relearn. The work with plastic will present visual and auditory challenges for the horse.

If the horse shows fear or nervousness as you do the work with plastic, rather than force the horse, chunk down the lesson so that the horse can overcome his fear or nervousness. This positive approach will keep the horse relaxed and unstressed. Learning happens best in an unstressed mode. And we want the horse to learn, not just react.

Illustration 1: Use clear and heavy-weight plastic in strips about 3’x10’. Lay the two pieces of plastic on the ground, in a V formation, about six to eight feet apart. Weigh the edges of the plastic with sand/dirt. If your horse is afraid of the plastic, make it easy for him. Bring him up to the edge of the plastic, let him take one bite of grain. Then ask him to go around the obstacle with you between the plastic and the horse. Or, move the pieces farther apart. Another option is to use 1”x10”x8’ boards in a V formation as an introduction to the plastic. See Photo 1 on page 39.

Photo 1: Stop the horse just before the plastic to be sure that the horse sees the plastic on each side before leading him between the pieces. At this point we often give the horse a bite of grain off of the plastic or from a flat pan placed on the plastic. The grain helps the horse to breathe and changes a fearful situation into a pleasant one. Be careful the horse doesn't accidentally bite the plastic, lift it up and scare himself. Don't let him eat too much – just a mouthful will do. You use grain to help the horse relax and breathe, not to "bribe" him over. If a horse is "greedy" for grain, he may not be aware of the plastic so do not use feed in this case.

Photo 2: Then re-approach the plastic. Be sure to be ahead of the horse but on your own track and walk your horse between the plastic. In the beginning allow the horse to walk through without stopping to prevent him from feeling claustrophobic and inadvertently stepping on the plastic and scaring himself. Make it easy for the horse. Then walk him between the pieces and, when his back feet are clear of the plastic, come to a stop, stand quietly momentarily and proceed.

Illustration 2: As the horse becomes more comfortable walking through the aisle of plastic, form an open-ended V. You can move the narrow end of the V closer together after each successful walk between the pieces. Be sure you have stepped on the plastic so that your horse is prepared for the noise if/when he steps on it. Be careful when the horse’s back feet hit the plastic because some horses are afraid of things behind them. Stay forward rather than at the horse’s shoulder. If he rushes, move forward with him and give with the line instead of snatching or jerking with the lead.
Work with Plastic continued:

Illustration 3: When the horse goes through quietly without rushing or shying from the plastic, you can bring the ends together so the horse steps on the plastic. This may take more than one session. After the horse has stepped willingly on the plastic in the top part of the V, you can lead him over a wider section by going into the V and exiting at a diagonal over the plastic. Then you can make a section of plastic wider (6 feet or more) and walk the horse over that.

We want the neurologic horse to experience the difference in texture, in sound and in sight of walking over a 6’x8’ section of plastic.

The Grace of the Cheetah and The Dingo will be leading positions that will be most effective though the Homing Pigeon might be useful for some horses.

Remember to keep to the side and in front. Review the Grace of the Cheetah because this way of leading will be the safest way to take a horse through plastic. Don’t try to lead the horse by walking by his shoulder where he can’t clearly see you. Don’t allow the horse to come forward until you have given him the signals with the wand and lead. If he tries to move forward before you indicate “come forward,” slide up of the lead and signal “wait” with your voice and with pressure on the chain and by placing the wand across his chest. When he has steadied, slide down the line again (into the Cheetah position) and ask him to come forward.

The lesson should be simple and clear: the horse only comes forward when you ask him. Walk with him as he responds to your signals and use the wand and the chain to stop him. Make sure you are a safe distance away from the horse while doing this exercise. There are two reasons for this distance: your own physical safety, as well as encouraging the horse to think on his own so that he doesn’t lean on you or use you as a distraction.

Be aware of your own body language – allow the horsespace, breathe deeply, and visualize yourself as balanced and coordinated. The horse will mirror whatever signals you give him with your own body.

The first time you ask him to go over the plastic, his performance may not be perfect. That’s all right. There is no need to punish him for imperfection. This is all a learning process.

If the horse tends to come toward you rather than walking in a straight line, tap him away with the wand. He must maintain his distance. Remember that a horse who is unsure of the footing will tend to step where you are. If you are safe in that spot, he probably will be too.

If the horse refuses to come forward, reassure him with your voice, stroke him all over with the wand, and give him a small amount of grain (encouraging him to breathe). Breathing is important in this lesson – for both you and the horse – holding the breath restricts muscles as well as neural impulses to the brain. If the horse remains “stuck”, chunk down the elements or do some mouthwork or TTouches on his body to get him to release his tension.

Note: Remember that some horses (usually Arabians or Saddlebreds) are urged to "look alert" by shaking plastic or plastic is used in training to scare a horse into moving forward. In these cases it would be inappropriate that one day the horse should be relaxed with the plastic and the next day reactive.

Note: While doing each exercise of the TTEAM Confidence Course, use these three steps:
1. Before you start an exercise, walk the horse through/over it so that you can observe his level of awareness and how he uses his legs and body.
2. Then go through the exercise with intent and focus while using the wand as a stimulating aid. Adapt the exercise to reach maximum improvement for the time spent.
3. At the end of the exercise, walk the horse through/over it again and observe the changes.
While developing this study for horses with neurological deficits and adapting the TTEAM techniques, we worked with variations of the Body Wrap. The variations came about as we worked with individual horses whose needs on any one day were different. In order to get the horse to move more effectively and to be aware of his legs and body in a more efficient way, we would wrap the legs, body, and even the neck or attach the wrap to the halter. Care was taken to assure that the horse was working within his capabilities and was not concerned about the wraps.

Because of the constant connection of the Body Wrap and the way that it touches and releases on the body of the horse as he moves, we had great success with horses becoming more aware of their movement and improving in gait. The Body Wrap gives horses boundaries and seems to make them more secure.

The illustrations and photos below are examples of some variations that we used. Be creative and adapt the Body Wrap to the needs of the individual horse.

Variation 1: Because Jewel was not bending in turns, we tied the wrap to the halter. Then we wrapped the tail to complete the connection of head to hind. Her work in the TTEAM Labyrinth improved greatly.

Variation 2: Dugan typically had a high-headed stance as shown in the Photo 2. Wrapped this way, he lowered his head without being asked as he walked. He was less nervous, his eyes looked soft and he maintained a lowered head and neck. His tail was relaxed, straight and elevated rather than his usual tense, tucked and crooked tail.
Variation 4 shows the first step in trying to help Jewel place her feet more effectively. However it was only after we used Variation 5 with the wrap placed across the gaskins that Jewel started stepping closer in the Labyrinth with no delay in protraction. There was definite improvement in stepping up and in with her outside leg.

Variation 6 shows how we adapted further the wrap shown in Variation 5. With the wrap crossed just above the fetlocks, Jewel stepped in a tight circle with much better placement. She lifted her feet and placed them rather than sliding across.

Having the wrap down this low didn’t bother Jewel. Several steps preceded this stage, including variations 3 and 4. Had she shown any nervousness or unease, we would have chunked down the process. However, besides showing improvement in the tight circles, Jewel stepped freely at the walk in extended lines.

Without any connection between the hind legs, Jewel had severe inconsistent placement (read “interfering”). With the wrap, she continued to show improvement.

Variation 7 shows the legs connected across the back of the cannons and just below the hocks. This combination wrap proved significantly more effective than the first two trials. The horses walked freely while negotiating patterns of poles. The tight circles of the neurological exam improved a great deal. The horses placed their outside legs well under their bodies and lifted and placed all their feet more effectively.
Advanced Technique - Platform Work

While rehabilitating horses diagnosed with EPM, we found that auditory input was very important. Walking on a platform provides both auditory and sensory stimuli. A piece of 4’x8’x1” plywood makes an simple platform.

Ask the horse to walk across and to stand on the plywood and to dance his front legs on and off the platform and also to dance his hind legs on and off. Work from both sides of the horse. Stroke and signal with the wand at various parts of the body – top of croup; mid-thigh; legs.

Photo 1: If a horse has difficulty stepping onto a wood platform, lay down two 1”x10” (or 1”x12”) boards that are 10-12 feet long just as you would the strips of plastic for TTEAM plastic work. Walk the horse through the boards and gradually close down the “V” until the horse is stepping onto the wood.

Photo 2: Place the 4’x8’x1” piece of plywood nearby. You can use the V of two boards, or two poles as shown here, as an entrance to the platform.

TTEAM leading positions that would be most effective in leading a horse over a platform: The Grace of the Cheetah or the Elegant Elephant with the line held 8”-16” from the horse’s head.

Note: While doing each exercise of the TTEAM Confidence Course, use these three steps:
1. Before you start an exercise, walk the horse through/over it so that you can observe his level of awareness and how he uses his legs and body.
2. Then go through the exercise with intent and focus while using the wand as a stimulating aid. Adapt the exercise to reach maximum improvement for the time spent.
3. At the end of the exercise, walk the horse through/over it again and observe the changes.
Spatial Awareness Course

The Spatial Awareness Course is a combination of elements to give the neurologic horse a variety of auditory and sensory experiences. In addition, the movement through the Course allows the neurologic horse to become more coordinated and balanced. The body re-learns how to function more efficiently; how to reorganize movement; how to better negotiate curves and turns as well as straightaways.

One set-up of the various elements of the Spatial Awareness Course would have the horse:

1. dance through a Zig Zag, then walk approximately eight feet of ground;
2. dance onto and then stand on a flat, wood platform where she would hear the hollow tone as well as feel the texture of the wood being different from ground;
3. walk approximately eight feet of ground while making a turn/curve to left and cross a piece of plastic (or tarp) while hearing another kind of sound;*
4. make a turn/curve to right on ground;
5. cross over a simple "pick-up stick"** formation wherein the horse must differentiate height and distance;
6. make another turn/curve to the left on ground and then
7. approach a straight line of ground poles and trot through.

* Caution: each horse (and in particular the neurologic horse) should be introduced to work with plastic carefully and with special attention to safety for both leader and horse. See "TTEAM Plastic Work." Be very aware of ability of the horse to negotiate the Course. You have to challenge the horse and still maintain safety.

** The “pick-up sticks” are ground poles placed in a random pattern. Make the pattern simple. One example is shown in this picture. You can add poles to the “pick-up sticks” as the horse increases his ability.

Options: a rubber mat or a piece of carpet can be used in place of the plastic if the day is too windy or if the neurologic horse cannot adjust to the plastic work.

Create your own Spatial Awareness Course! As you progress in the rehabilitation program, build courses that will help your horse continue his development.
How to Do the TTTouch

The foundation of the Tellington Touch method is based on circular movements of the fingers and hands all over the body. The intent of the TTTouch is to activate the function of the cells and awaken cellular intelligence – a little like "turning on the electric lights of the body." The TTTouch is done on the entire body, and each circular TTTouch is complete within itself. Therefore it is not necessary to understand anatomy to be successful in speeding up the healing of injuries or ailments, or changing undesirable habits or behavior.

To do the TTTouch, imagine the face of a clock on your animal's body, half an inch to one inch in diameter. Place your lightly curved fingers at six o'clock on your imaginary clock, and push the skin around the face of the clock for one and a quarter circles. Place your thumb one to three inches from your forefinger and feel a connection between thumb and fingers. When possible, support the body gently with your other hand. Maintain a steady rhythm and pressure around the circle and a quarter, whether the TTTouch is light or firm. Pay particular attention to the roundness of the circles.

The first few circles you may TTTouch randomly. Then run parallel lines on the body with a connecting slide between each circle. The connected circles induce relaxation and improve self-confidence.

Most of the time, clockwise circles are the most effective for strengthening and rehabilitating the body. However, there are times when counter-clockwise circles are appropriate for releasing tension. Practice both directions and trust your fingers if they are moving in a counter-clockwise direction.

The Pressure of the TTTouch

Tellington Touch pressures range on a scale from one to nine. To learn the scale, begin with the "one pressure" as a guideline. To establish this criterion, place your thumb lightly on your cheek. With the tip of your forefinger, or middle finger, push the skin on your eyelid in a circle and a quarter with the lightest possible contact. Make sure you move the skin rather than sliding over it. Now repeat this movement on your forearm to get a sense of the pressure. Observe how little an indentation you make in the skin. This is what we call a "one pressure" TTTouch.

To discover a "three pressure" make several circles on your eyelid as firm as feels safe and comfortable. Repeat the circles on your forearm and notice the depth and pressure of the indentation. It should still be very light. This is a "three pressure."

To discover a "six pressure" press twice as deep. We rarely use more than a "five pressure" on dogs and cats. On horses (and humans), we occasionally go as high as nine. Instead of pressing three times deeper than the "three pressure," we tip the first joints of the fingers so that the fingernails are pointing directly into the muscle and apply three times the pressure. (See the Bear and Tiger TTTouch cards.) This TTTouch is more comfortable for the person doing the touch, and the animal or human gets a much deeper connection than simply applying more pressure with the pads of the fingers.

Experiment with varying pressures until you find the one that is "right" for the animal you are touching. Small creatures call only for the lightest pressures. Larger or heavily muscled animals may be more responsive to the deeper pressures, but not always. If there is pain or inflammation in the body, begin the TTTouch with a two or three pressure, and then establish the right level to work at.

As you become familiar with the various TTTouches, you will intuitively know which to use. If your animal friend is not comfortable with one TTTouch, choose another. With practice, you will find both you and your animal will benefit from this experience.
Other Advanced Techniques

When you have another person to help you with a horse, do the following combinations of TTouches:

- Pelvic tilt and neck release at same time.
- Belly lifts and tail TTouch done simultaneously.
- Tail work and head TTouches done simultaneously. The person at the head initiates movement with one hand on the forehead by pushing and releasing while her other hand does "tailwork" with forelock. Refer to Photo 1 on page 32.

Back lifts are particularly useful because of the tendency of the back to drop if a horse is neurologically affected.

The Half-walk teaches the horse more possibilities of movement. It can have a profound effect on balance because it requires the horse to refine his steps, to change speed, etc. Robyn Hood thinks of it as "wetting the sponges of the vertebrae" and letting the horse experience new movement through his back. Use very light signals on the chain to tell the horse to shorten his steps and very light touches on the chest with slight forward swoop of the wand to get the horse to walk very slowly and with shortened steps.

When Your Horse Is Ready to Be Ridden!

Having reached the point of rehabilitation that you are able to ride your horse, you will find the TTEAM techniques listed below helpful. We encourage you to continue with the TTouch and to keep an anecdotal record of your riding times and the progress or regressions that your horse shows. This will help you make adjustments to your program of rehabilitation.

- TTEAM Balance Rein
- TTEAM Promise Wrap
Special Thanks to Veterinarian Dr. Mark and Becky Meddleton of Coralles, New Mexico for encouraging the application of TTEAM to the neurological rehabilitation of horses. Over a period of two years, Becky applied TTEAM and TTtouch with her mare, Jewel, and Dr. Mark’s gelding, Dugan, during their rehabilitation from EPM. Dr. Mark recommended these techniques to his clients who had horses with neurological problems.

The worksheet developed from their work in cooperation with TTEAM Practitioner Kirsten Henry and TTEAM Instructor Carol A. Lang.
Worksheet for Using TTEAM in the Neurological Rehabilitation of Horses

**Score** with range of 1-5 with 0 = no acceptance; 1 = had to find another TTouch or technique; 2 = some acceptance; 3 = accepted the TTouch or activity, but no improvement shown; 4 = some improvement shown; 5 = full acceptance and improvement shown.

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**DO THE TT Touches 4 Times Per Week; 15-20 Minutes Per Session.**

*Do at least one TT Touch on each area of the body as listed below.*

- **Ear TT Touch:** strokes and circles p. 4
- **Head TT Touch:** especially circles on muzzle p. 5
- **Body:** Lines of connected circles p. 6 OR
  - Whole Body TT Touch p. 7
- **Neck:** Neck Arc (or Neck Release) p. 8 & Bear TT Touch (or Inch Worm or Snail’s Pace) p. 9
- **Legs:** on each leg, Octopus p. 10 immediately followed by circling or Rainbow TT Touch p. 11
  - OR the Righting reflex taps p. 12
  - OR the leg exercises pp. 13-14
- **Tail:** circles, Pearling & Pelvic Rock pp. 15-16
- **Pelvic Tilt** p. 16
- **The Body Wrap** as needed p. 17

**Follow the TT Touches With One Exercise; 15-20 Minutes Per Session**

*Rotate the exercises so that you do a different one each session.*

Remember to lead the horse from the right side during some of the activities.

1. **The Dance & Moving in slow, tight Circles** pp. 18-20 OR
2. **Ground Poles:** on ground; raised; various configurations pp. 20-22 OR
3. **Zig Zag:** Dance through the Zig Zag configuration with halts, backing and over poles p. 22 OR
4. **Labyrinth with Body Wrap on horse** p. 23

**End of the Day’s Session (over)**

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*Special Thanks to Veterinarian Dr. Mark and Becky Meddleton of Corales, New Mexico for encouraging the application of TTEAM to the neurological rehabilitation of horses and for contributing to this checklist! September, 2002*
## Worksheet for Using TTEAM in the Neurological Rehabilitation of Horses

**Owner:**

**Horse:**

**Week:** 1 2 3 4

SCORE with range of 1-5 with 0 = no acceptance; 1 = had to find another TTouch or technique; 2 = some acceptance; 3 = accepted the TTouch or activity, but no improvement shown; 4 = some improvement shown; 5 = full acceptance and improvement shown.

### At the end of the day’s session, for a few minutes:
- Do a TTouch that covers the whole body; examples: Noah’s March or Lick of Cow’s
- Tongue p. 24 or lines of connected circles with Abalone TTTouch or Zig-Zag TTTouch p. 25

### Advanced Techniques

**PROCEED WITH CAUTION, AND ONLY IF SAFE, when the horse is able to negotiate several kinds of configurations.**

- Follow the same sequence of doing a TTouch, an activity, and then end with a TTouch.
- Remember that you can always chunk down to a less advanced activity.

- Dance over a Ground Pole p. 33
- Half-walk p. 42
- Plastic Work pp. 35-36
- Platform p. 39
- The Star p. 34
- Spatial Awareness Course: p. 40

You can also use a combination of TTouch(es) and then proceed to an activity.

- Pelvic tilt and neck release done simultaneously. p. 42
- Belly Lifts and tail TTTouch done simultaneously. p. 42
- Tail TTTouch and head TTTouch done simultaneously. p. 42

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*Special Thanks to Veterinarian Dr. Mark and Becky Meddleton of Coralles, New Mexico for encouraging the application of TTEAM to the neurological rehabilitation of horses and for contributing to this checklist! September, 2002*
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