



About Jennifer Brooks, PT, MEd, CERP

Jennifer started her professional career as a licensed Physical Therapist graduating with a B.S. in Physical Therapy from Russell Sage College, Troy, N.Y. in 1985. She received her MEd. from Rivier College, Nashua, N.H. in 1995. She has taught at two area colleges in the Masters Programs of Physical Therapy at the University of Massachusetts, Lowell, and at Notre Dame College, Manchester, N.H. Jennifer has spent the past seven years pursuing studies in Equine Rehabilitation. She has attended the **Equine Rehabilitation Institute** in Loxahatchee, FL and received her *Equine Rehabilitation Practitioner Certification* through the collaboration of North East Seminars and the **University of Tennessee Veterinary College** in 2006. She continues to grow her equine and human knowledge base with continuing education in both disciplines.

Jennifer has been a horse lover and equestrian all her life. She currently maintains a small farm where she keeps her horses and boards others. She has ridden competitively in hunt seat, three-phase eventing, and now dallies in dressage. She continues to take riding instruction to further excel her passion while regularly enjoying cross-country gallops on the trails of southern N.H.

Equine Rehabilitation Services, LLC
23 Dupaw Gould Road
Brookline, NH 03033

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Rehabilitation: (rē'hə-bīl'ī-tā-sh'ən)
n. To restore to former excellence.



*Promoting your
horse's best potential for
a full recovery*

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EQUINE REHABILITATION SERVICES, LLC (E.R.S.)

E.R.S. is focused on providing up-to-date physical evaluation and rehabilitation treatment to increase the rate of healing and promote faster return to function.

The goal is to return the horse to working health via therapeutic intervention, conditioning, and owner education. *Evaluation of the rider is available as well*



Soft Tissue Mobilization

WHAT E.R.S. CAN DO FOR MY HORSE

- ◊ Promote faster healing of all tissues
- ◊ Decrease inflammation and swelling
- ◊ Decrease pain
- ◊ Increase range of motion (ROM)
- ◊ Increase strength and endurance
- ◊ Prevent further injury
- ◊ Identify muscle imbalances/stop atrophy
- ◊ Prevent/eliminate adhesions/scar tissue
- ◊ Provide exercise protocols
- ◊ Educate owner about prevention of re-injury
- ◊ Return to function sooner

E.R.S. can board your horse on-site for multiple or daily treatments

** Services reimbursable by insurance **

AVAILABLE THERAPIES

LASER accelerates tissue healing, increases vascularity, raises endorphin levels to decrease pain.

ULTRASOUND promotes the healing process, increases collagen production, increases tissue extensibility, reduces pain.

COLD THERAPY reduces inflammation, decreases pain response, and provides pain relief.

HEAT THERAPY reduces pain and muscle spasm, increases soft tissue pliability, promotes relaxation.

WOUND DEBRIDEMENT, BANDAGING & COMPRESSION

SOFT TISSUE MOBILIZATION realigns collagen fibers into proper orientation, reduces adhesion formation, breaks up adhesions, restores myo-fascial gliding.

JOINT MOBILIZATION restores joint mobility, promotes synovial fluid lubrication of joints, reduces pain, restores movement to limbs.

EXERCISE & CONDITIONING PROTOCOLS

** Veterinarian collaboration is needed prior to equine treatment **

COMMON EQUINE DIAGNOSIES APPROPRIATE FOR E.R.S.

- ◊ Arthritis
- ◊ Bowed tendon (tendon strain or tearing)
- ◊ Suspensory desmitis (ligament injuries)
- ◊ Muscle injuries and atrophy
- ◊ Post fractures (e.g., splints, bucked shins)
- ◊ Post-surgical osteochondritis
- ◊ Upward fixation of patella, i.e., locking stifles
- ◊ Angular limb deformities
- ◊ Lymphangitis
- ◊ Cellulitis
- ◊ Hematomas
- ◊ Hoof problems
- ◊ Wound management and surgical healing
- ◊ Movement disorders
- ◊ Neurological disorders
- ◊ Soft tissue adhesions
- ◊ Poor condition and decreased coordination



Therapeutic Ultrasound