PIŠTA: A CASE STUDY

A case study with a horse patient.

ABOUT PATIENT

- ☐ Pišta, 16 year old Czech Warmblood gelding
- ☐ With current owner (Katerina) for 12 years
- ☐ History of show jumping in Czechia
- ☐ Jumping career stopped due to arthritis in the left foreleg
- ☐ Followed Katerina from Czechia to Switzerland in September 2021
- ☐ Problems connected to arthritis worsened in Switzerland
- ☐ X-ray did not show severe progression, vets unsure on treatment

TREATMENT WITH SARAH

- ☐ Treatment with Sarah started in June 2022
- ☐ The aim in the beginning was to get a feeling for the history, relationships, surroundings, area of concern, knee (Carpus) area, and present mood of Pišta
- ☐ Sarah approached the horse with respect, presence, gentle touch when needed, patience, listening, and asking for permission from him when it was alright to assist
- ☐ Pišta was showing signs of interest, trust and relaxation since the beginning, and Sarah quickly built a relationship with him
- ☐ Over a course of a few sessions, Sarah was able to draw some conclusions and make recommendations
- ☐ Feelings of areas that drew attention were of diet (in the case of inflammatory responses), musculoskeletal irregularities felt along the Thoracic and Lumbar Vertebrae which then fed into an underdevelopment of the left foreleg (Traps, Biceps, Deltoid, Extensors, and surrounding superficial and deeper muscular structures)
- ☐ Sarah worked on unwinding the tensions within the Vertebrae, indirectly releasing tensions within the left foreleg
- ☐ She further suggested that the horse rests, thorough research on his diet is carried out, and emphasized that the emotional relationship between Katerina and Pišta plays a large part and is not to be underestimated

CURRENT SITUATION

☐ Pišta is not limping and is currently doing light work (light riding and groundwork)

☐ Katerina is testing different feed with a better Omega 3 : Omega 6 ratio

☐ Treatment continues, as both Sarah and Pišta keep learning from each other and accept the opportunity to spend time together with gratitude