

[TREADMILL WORKOUTS ARE FOR EQUINES TOO: DISCOVER THE AQUAPACER HORSE TREADMILL](#)

I came across an interesting story this morning. How about adding another, unexpected benefit to the treadmill workout list, namely that of the rehab of four-legged creatures? I think that many of us have heard about dog treadmills by now. But did you know that there is an AquaPacer equine or horse treadmill as well?

According to a news story in the [Chatham Daily News](#), race horses that may have been put down in the past, can now be treated very successfully with the AquaPacer equine or horse treadmill. Yes, equine athletes now get a well-deserved second chance by being treated for orthopedic injuries via an underwater treadmill workout. This treatment is offered by places such as the Foxfire Equine Wellness Center.

This technology puts a whole new spin on rehabilitation. The technique is so beneficial that many injured race horses can continue their careers. In the past this was unheard of. Hydrotherapy has been known to reduce recovery time significantly. The healing, warm water forms an important part of the treatment. Sessions on the AquaPacer Horse Treadmill can even be used to reduce the boredom of the inactivity that comes as a result of injuries. On Aqua days, some activity is slowly re-introduced. It seems that, as in the case of humans, equine treadmill workouts have been proven to be of physical as well as psychological benefit in horses!

The AquaPacer horse treadmill can also be used during training, both for resistance and cardio conditioning work.

It is heart-warming to know that technology that has been developed for us, can also be utilized for our four-legged friends. May the AquaPacer equine treadmill be of benefit to horses for many years to come!