

Show Cattle & Lamb Bodywork

Demonstration by: Alexa Strehlow

Location: Dodge County Fairgrounds

Date: Saturday, May 18th

Time: 12:00

What will be covered?

Live evaluation of the muscle type and patterns, structure, and soundness of cattle and lambs with explanations as to what each animal could improve on with the supportive application of specific bodywork techniques. Youth will have the opportunity to learn hands on with guidance how to feel for an area of tension and what to do to release it. How and when to use KT tape, red light therapy, craniosacral therapy, acupressure and essential oils will also be demonstrated and youth will be able to practice each modality if they want to. Sheep exhibitors will learn how to properly stretch their lamb's legs. There will be discussion about exercises to try and keep show animals sound.

What is Bodywork?

A natural method to address problems such as joint and muscle pain, soft tissue injuries, as well as anxiety and stress. Forms of bodywork I practice include massage, kinesiology taping, red light therapy, craniosacral therapy, acupressure, and incorporating essential oils.

Why Bodywork?

As a preventative maintenance for future problems that may come up. If an issue is noticed, address it soon after you notice them such as short or irregular stride, hunched back out of nowhere, irregular appetite or behavior.



Throughout the demonstration, please ask questions! I am happy to answer any that families may have!