

Holistic Horse Bodyworks

Comprehensive Care. Tailored Solutions. Real Results.



Ilene Nessenson, JD
Certified Equine Body Worker
Owner, Holistic Horse Bodyworks, LLC
(503) 867-1023
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Our Services

Our unique combination of services are tailored to meet each horse and rider's specific needs.



Equine Bodywork

- Therapeutic & sports massage
- Myofascial release
- Acupressure
- Skeletal balancing
- Cranio sacral
- Cold laser



Saddle Fitting: English & Western

- Fit assessment and recommendations
- Tree Adjustments
- Shimming and pads



Saddle Reflocking (English)



Saddle Refleecing (Western)



Yoga for Horse and Rider

Why Choose Holistic Horse Bodyworks?

Holistic Horse Bodyworks

- **Comprehensive Individualized Care:**
Uniquely qualified to assess and address the relationship between saddle fit and function, and body work needs of horse and rider
- Work with all horse breeds and disciplines

Ilene Nessenson, JD, CEBW

- Certified Equine Body Worker (CEBW) trained & certified from renowned Equinology School
- Saddle fitting training from Dr. Kerry Ridgway, DVM, nationally recognized saddle fitting expert
- Saddle reflocking and tack repair training from the Owner/Master Saddler at the Cumbria School of Saddlery in England
- Certified yoga instructor and creator of Yoga for Horse and Rider clinics and sessions
- Equine body worker and saddle fitter for Portland Mounted Patrol



Ilene and her Thoroughbred Rex

Equine Bodywork Services

- Therapeutic & sports massage
- Skeletal balancing
- Myofascial release
- Cranio sacral
- Acupressure
- Cold laser

- Enhances performance and gait quality
- Improves range of motion and stamina
- Improves disposition
- Provides relief to tight muscles
- Aids in injury or illness rehabilitation
- Improves circulation and alignment
- Provides an assessment of fit and function of saddle and its impact on horse and rider



Saddle Fitting and Saddle Reflocking Services

- Uniquely qualified to assess and address the complex interrelationship between saddle fit, proper flocking and the horse and rider's needs
- Enables rider to gain the maximum benefit from the saddle
- Enables horse and rider to gain full benefit of training
- Assists vet in diagnosis of back, limb and neck soreness and lameness by eliminating poor saddle fit and function as cause
- Utilize comprehensive 6 component Saddle Fit and Function Evaluation (10-30 individual assessment items per component)
 - Component #1: Saddle evaluation off the horse
 - Component #2: Evaluation of the horse
 - Component #3: Saddle evaluation on the horse (static)
 - Component #4: Evaluate the "rider's conformation"
 - Component #5: Saddle evaluation with the rider up
 - Component #6: Saddle evaluation with the rider riding
- Helps ensure the horse's spine and surrounding musculature are protected, weight distribution is maximized and horse can use their ring of muscles



Clinics Offered



Saddle Fitting:
English and Western



Yoga For Horse and Rider



Client Testimonials

Ilene has shown herself to be a very professional and enthusiastic member of our team. She has a good feel for each horse and their unique needs and uses many different body work techniques tailored to each horse's situation . The horses respond willingly and respectfully. Ilene is great about sharing knowledge, answering questions & teaching different stretches that help maintain her work. It is also really great to have a body worker who also has extensive knowledge about how the saddle fit affects the horse's musculature. Thank you Ilene for keeping our boys happy and healthy!

Portland Mounted Patrol Unit Jennifer Mack, Trainer and Riding Instructor Franz Schoening, Sergeant, MPU

Thank you so much for coming to speak at the OET Annual Meeting. We received rave reviews about your saddle fitting presentation from our members. It sounded like everybody learned a lot and enjoyed hearing what you had to say, and nobody wanted to leave your presentation to attend the next session. Way to go!! Thank you for coming!!

Kim McCarrel, VP Of Marketing Oregon Equestrian Trails

Our Modern Shetland stallion, Toby, was having issues with shaking his head while being driven. Ilene found a number of tight areas and after a couple of treatments, his pain and tightness were gone. He has since driven beautifully and finished his points for Supreme Championship. We love working with Ilene and, more importantly, Toby loves her!

Sue Svendsen, Owner, Designer Dog Grooming Vancouver, Washington

Ilene is a miracle worker! My gelding, Toby, was experiencing major issues picking up and holding the right lead. I was considering retiring him from the show pen. After just a few sessions, Toby was transformed. My trainer and I are amazed by the change!

Deb Cablao President, Hillsboro 4-H Hillsboro, Oregon

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