

COTTONWOOD EQUINE REHAB AND FITNESS

SOLARIUM

Customized programs for your equine champions

How it works:

SOLARIUM

A horse solarium is a system of multiple large red lamps emitting infrared (IR) rays. IR is a form of heat radiation, not to be confused with ultraviolet (UV) radiation, which provides a source of artificial sunlight for stable-kept horses.

IR rays are capable of penetrating deep into the body, elevating the body's surface temperature, and activating major bodily functions. The capillaries expand to stimulate blood flow, regeneration, circulation, and oxygenation. This promotes the rebuilding of injured tissue, the elimination of toxins (lactic acid), stimulates metabolism for improved digestion, and promotes the killing of many pathogens and parasites that cause illness.

IR rays relax muscles and relieve tension, producing a calming effect that helps the body to heal and reduce soreness.



How Can Solarium Help?

1. Strengthen the immune system by stimulating the production of white blood cells
2. Improve your horse's performance and condition
3. Improves muscle elasticity; therefore, helps recovery from and reduction of injuries.
4. Loosen and relax muscles, improving training performance and reducing injury



- Stimulated circulation allows the muscles to absorb blood sugars quicker and speeds up the elimination of waste products from their system



- Helps break down the buildup of lactic acid after exercise and reduces overall muscle stiffness