

For Immediate Release –

For more information contact
Michele Hundt c/o Sho Clothes
michele@shoclothes.com
www.shoclothes.com
561-319-2121

Physical Therapist Stacey Brown Keeps Audience Spellbound at Sho Clothes “Shop Talk”

Wellington, FL (April 14, 2011) – Stacey Brown, a Physical Therapist and Certified Equine Rehabilitation Therapist, kept the audience spellbound at Sho Clothes recent “Shop Talk” with her presentation on physical therapy and retraining the equestrian athlete’s body. Sho Clothes, an upscale dressage boutique in Wellington, offers “Shop Talk” on a monthly basis and features “the best of the best” in the dressage world sharing their expertise.

“Stacey’s information was very pertinent as many dressage riders have injuries and are trying to recover,” said Michele Hundt, the owner of Sho Clothes. “Stacey has been treating horses and riders for the past seven years and has a very thorough knowledge of the horse and rider’s anatomy. We had a packed house for ‘Shop Talk’ and Stacey’s presentation kept everyone interested and asking questions.”

Brown, who specializes in neurological and orthopedic rehabilitation, demonstrated how she evaluates a rider’s position and then corrects the spinal position and the core usage. “Stacey also assesses the tack and the horse,” Hundt said. “She uses bio mechanical assessment analysis and then teaches the rider how to compensate for injuries.”

Brown is skilled at helping riders of all disciplines. “I have specific training in strain and counter-strain, which is a muscle balancing technique to rebalance muscle groups throughout the entire body,” Brown said. “It is painless and effective. It reboots the neuromuscular system so that muscle groups can cooperate with each other again.”

Her services also include physical therapy assessment and treatment of musculoskeletal and neurological disorders. Brown has worked as a Physical Therapist for 30 years and is a lifelong equestrian. “I have ridden since I was a small child,” she said. “I am currently taking dressage lessons.”

“Shop Talk” is co-sponsored monthly by the Gold Coast Dressage Association, and Hundt said their audience always enjoys learning. “We love to support the dressage community and ‘Shop Talk’ has proven to be a successful way for dressage enthusiasts to gather and learn,” Hundt said, adding that ‘Shop Talk’ is

held the second Tuesday night of each month. “We had a great evening which included holding a raffle for a Back on Track saddle pad which was won by Roy Anne Nilson. Saddle Trail Realty also donated two \$50 gift certificates and those were won by Arlene White and Ellen Alvarez.”

Sho Clothes, an upscale dressage boutique in Wellington, specializes in the latest and most fashionable dressage apparel for show and play. The Sho Clothes Sho Room, located at 3220 Fairlane Farms Road in Wellington, boasts a wide variety of the finest dressage riding clothes, apparel, jewelry and dressage accessories available. Sho Clothes also offers a mobile boutique that travels to dressage shows.

For more information on Sho Clothes or “Shop Talk,” visit their website at www.shoclothes.com or call them at 561-319-2121. For more information on Brown, call 971-226-0010 or visit the www.AnimalRehabInstitute.net website.



Photo: Physical Therapist Stacey Brown was the most recent speaker at “Shop Talk” at Sho Clothes, Wellington’s upscale dressage boutique. From left to right, Roy Anne Nilson, Mary Ellen Sencer, Stacey Brown, Doug Hundt, Arlene White, Ellen Alvarez and Sho Clothes owner Michele Hundt.