

For Immediate Release –

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Stacey Brown Educates Audience On Equestrian Physical Therapy at Sho Clothes “Shop Talk”

Wellington, FL (November 11, 2011) – Sho Clothes, an upscale dressage boutique in Wellington, was the place to be recently when Physical Therapist and Certified Equine Rehabilitation Therapist Stacey Brown presented a seminar on Equestrian Physical Therapy. Brown’s appearance took place during “Shop Talk,” a monthly gathering at Sho Clothes that features experts in the equestrian and dressage world sharing their expertise with horse enthusiasts.

Brown, who works specifically with horses and riders to improve performance and prevent repetitive strain injuries, has developed a unique approach to therapeutic intervention and movement re-training with a focus on the equestrian athlete. Brown has been a human physical therapist for 30 years, and seven years ago turned her focus toward treating equines and their partners.

Michele Hundt, the owner of Sho Clothes, was pleased with the turnout at “Shop Talk” and thanked the Gold Coast Dressage Association for supplying the refreshments. “I also want to thank Stacey for her excellent presentation. Stacey has a thorough knowledge of the horse and rider’s anatomy and she always provides an educational seminar,” she said.

Brown uses biomechanical assessment analysis to teach riders how to compensate for injuries. She also specializes in movement analysis and re-training, core activation, sport specific exercise programs, myofascial release, neuromuscular re-education, proprioceptive re-training, strain and counter-strain and other manual therapy techniques, modalities including therapeutic ultrasound, low level laser and electrical stimulation, tack assessment for horse and rider and injury rehabilitation for horse and rider.

“Stacey has spoken at ‘Shop Talk’ before and her presentations are always well received. Last night we had a great group and they were really interested in learning about body adjustments and injury rehabilitation. Everyone asked pertinent questions and walked away with greater knowledge, which is always the goal of ‘Shop Talk’,” Hundt said.

Sho Clothes specializes in the latest and most fashionable dressage apparel for show and play. Sho Clothes is an authorized dealer for Pikeur, Cavallo, Kentucky, Kingsland, Back on Track and more. They also stock a wide selection of GPA and Charles Owen helmets. “We always have new and different items and we offer a great mobile boutique at the dressage shows, so stop by and see us there also,” Hundt said.

The Sho Clothes Sho Room is located in the Taj Mahal Building at 3220 Fairlane Farms Road, Unit 3, in Wellington. Sho room hours are Monday through Saturday from 12:30 to 4 p.m., or by appointment. Call 561-319-2121 to make an appointment or for more information or visit the Sho Clothes website at www.shoclothes.com.



Photo: Sho Clothes, an upscale dressage boutique in Wellington, was the place to be recently when Physical Therapist and Certified Equine Rehabilitation Therapist Stacey Brown presented a seminar on Equestrian Physical Therapy. (Photo courtesy of Michele Hundt)