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The effect of Tellington Ttouch® method on the horse behavior in daily tasks

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Introduction

- Master thesis

- When working with horses, we perform daily tasks, such us: feeding, cleaning the stable, coat and hoof care.
- Thereby, it must be trust between horse and human that the work could proceed safely with minimal risks of injuries for horse, human or both.
- The main objective of the study was to examine the effect of Tellington Ttouch® method on the horse behaviour during the hoof care.

Material and Methods

- Trial 1
  - 6 Lipizzan horses
  - School horses
- Trial 2
  - Case
  - Problematic horse







Methods – trial 1

- 1st week - ‚traditional' method
- 2nd week - Tellington Ttouch® method
- Three days per week
  - lifted every foot once, clean down hooves and simulate shoeing
- Observations:
  - time needed for hoof care
  - number of attempts to take away foot
  - number of actual take away foot
  - horses heart rate
  - optical communication

Methods – trial 2

- Tellington Ttouch® method
  - 4 weeks in the pasture
  - 4 weeks during the hoof care

- Observations
  - optical communication
  - heart rate - measured to determine if the aggressive behaviour was a result of a fear

- Data were analysed with statistical programme SAS/STAT.

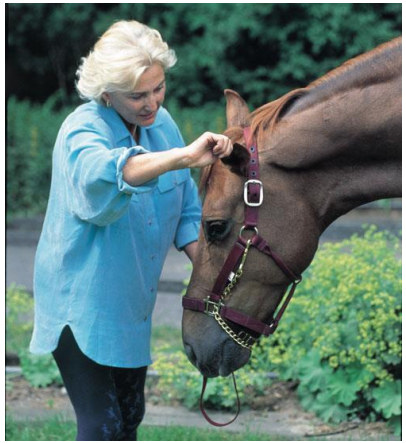
Tellington Ttouch® method

- Basic circle
- Trust touches:
  - shells touch
  - mouth touch
  - ear touch
  - rear leg touches

- Touches to improve awareness:
  - Noah‘s March Ttouch®
  - Octopus touch

The Tellington Ttouch® method

- Tellington Ttouch® method is a collection of different circles done with hands and fingers over various parts of horse's body to enhance trust, body awareness, improve health and performance.
- Linda Tellington-Jones has developed more than 30 different Ttouches®, each having a slightly different effect and each Ttouch is naming after an animal.



Results & Discussion – T1-time

Time needed for hoof care (s)	Traditional method (LSM ± SE)	Ttouch® method (LSM ± SE)	Difference Estimate	p- value
Total	306.5 ± 15.54	316,2 ± 15,54	9,7 ± 11,10	0.3921
Front left	**55.0** ± 4.18	**63.7** ± 4.18	8,7 ± 3,77	0.0294
Front right	59.3 ± 4.93	60.9 ± 4.93	1,6 ± 6,06	0.7995
Rear left	**61.4** ± 4.31	**49.8** ± 4.31	11,6 ± 3,46	0.0026
Rear right	50.1 ± 4.12	47.7 ± 4.12	2,4 ± 5,83	0.6784

Results & Discussion – T1-Att.

N of attempts to take away foot	Traditional method (LSM ± SE)	Ttouch® method (LSM ± SE)	Difference Estimate	p-value
Total	**6.06** ± 1.32	**1.22** ± 1.32	4.83 ± 0.91	0.0001
Front left	**2.00** ± 0.64	**0.44** ± 0.64	1.56 ± 0.65	0.0246
Front right	**1.78** ± 0.43	**0.28** ± 0.43	1.50 ± 0.41	0.0012
Rear left	**1.72** ± 0.49	**0.22** ± 0.49	1.50 ± 0.58	0.0163
Rear right	0.56 ± 0.19	0.28 ± 0.19	0.28 ± 0.22	0.2257

Results & Discussion – T1

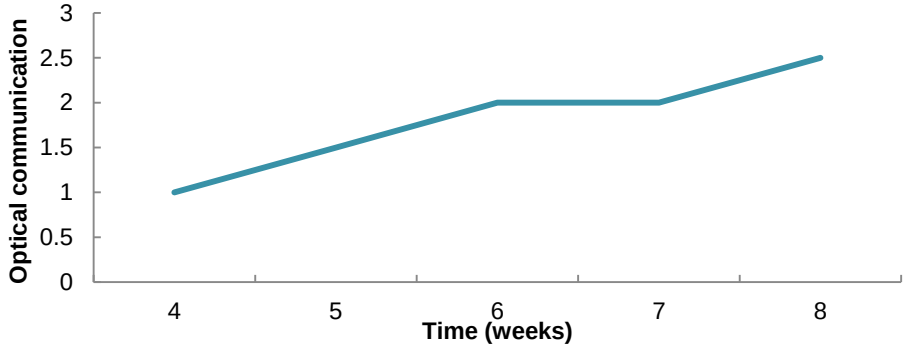
- No statistical significant results for:
  - Actual foot take away
  - Heart rate

Results & Discussion – T1- OC

N of attempts to take away foot	Traditional method (LSM ± SEE)	Ttouch® method (LSM ± SEE)	Difference Estimate	p- value
Total	2.53 ± 0.23	3.28 ± 0.23	0.75 ± 0.14	0.0001
Front left	2.31 ± 0.24	3.17 ± 0.24	0.86 ± 0.19	0.0002
Front right	2.17 ± 0.20	3.31 ± 0.20	1.14 ± 0.21	0.0001
Rear left	2.30 ± 0.27	3.11 ± 0.27	0.81 ± 0.20	0.0005
Rear right	2.53 ± 0.22	3.03 ± 0.22	0.50 ± 0.21	0.0237

Results & Discussion – T2

- After first 4 weeks at the pasture:
  - horse became relaxed and willingly accepted touching with its head and neck.
- After 4 weeks with hoof care three times per week:
  - Optical communication has increased from 1 to 2.5.
- After two months of Tellington Ttouch® method:
  - The trust between horse and human were enhanced - the horse changed its aggressive behaviour in the pasture
  - The heart rate was decreased from 56 to 42.5 beats per minute



Conclusions

- Horses without bad experience:
  - practically no change in behavior using Ttouch method comer to classical treatment
  - More relaxed
  - Additional time sped for Ttouch
- Case of horse with bad experience:
  - Huge improvement of behavior
  - Drastically stress reducing

Thank you for your attention