Authors and Veterinarian
• Rikke Schultz

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Rikke Schultz

Veterinarian Rikke Mark Schultz, born in 1967, has been an enthusiastic rider and owner of Icelandic horses since the age of six when her dream of becoming a veterinarian was born.

She became interested in competition fairly soon after starting to ride. She first competed in dressage and jumping, then later in the classical Icelandic gaits.

After graduating from high-school she trained Andalusian horses in Germany and then Icelandic horses in Northern Iceland. Some of the very wild young Icelandic horses provided great experience in the horses’ behaviour and handling of horses on their terms.

Parallel to her studies at the Royal Veterinary and Agricultural University, Denmark, she was also a board member of the breeding section of the Danish Icelandic Horse Association and for a period of time she was the Chairman. During this time she worked as a riding instructor and trainer of Icelandic horses and was on the Danish team at the European Championships in 1989 as a standby rider.

After graduating Vet school in 1992 she moved to Skagafjord, Iceland, and established her own mixed veterinarian practice, working with all kinds of animals as patients. The next 5 ½ years brought many exciting experiences, where it was a matter of getting by with whatever means were at hand. The experiences were often similar to the TV series “All Creatures Great and Small” starring James Herriot.

The interest in alternative methods of treatment arose early in Rikke’s studies and she participated in courses on acupuncture and homeopathic medicine. She has been to the Unites States several times to learn chiropractics. In 1996-97 she took a post-graduate course in acupuncture for animals under the auspices of The International Veterinary Acupuncture Society I.V.A.S., and in 2002-03 in osteopathy (a kind of chiropractic) at the International School of Osteopathy, ISEO.

Her interest in the alternative methods led Rikke to alternative methods of training and she applies the TTEAM Method by Linda Tellington-Jones extensively in her daily work. She often refers to the book “Centred Riding” by Sally Swift, when a rider problem arises.

In the autumn of 1997 Rikke moved back to Denmark and became employed at Hørsholm Hestepraksis (The Equine Veterinarian Clinic in Hoersholm), where she practices. Her main focus is examination and treatment of horses, with reduced performance, from a holistic perspective. They are often treated by means of acupuncture and manipulation and the rider is informed of the importance of the correct riding equipment.
Books

“Understand Your Icelandic Horse”

Communication is of the utmost importance if horse and rider are to function as harmoniously as possible. It may be difficult to interpret the horse’s reactions, if he runs away, flicks his tail, is difficult to lead or fidgety during mounting.

The book deals with the issues of communication between horse and rider as well as a large number of ailments and conditions rendering the horse unable to do as the rider desires.

A brief summary of the individual chapters:

• **THE HORSE’S MENTALITY AND COMMUNICATION**
  The chapter describes the horse’s natural flight instinct and the reactions of the nervous system as well as the mode of communication between horse and human.

• **REDUCED PERFORMANCE**
  This chapter deals with the symptoms of the horse, when it is unable to fulfil the rider’s wishes and demands.

• **TEETH**
  The dental care of the horse is very important. Read about the various dental problems horses suffer from and the symptoms and riding problems they cause.

• **THE SPINAL COLUMN**
  The chapter describes the diseases of the spinal column and the pelvis, including many problems which can be treated by acupuncture and manipulation. Gait difficulties, which may arise, are also described.

• **THE MUSCLES**
  The composition and training physiology of the muscles as well as various muscular problems are examined.

• **LAMENESS**
  The most common causes of lameness in Icelandic horses are described as well as their influence on the gaits.

• **THE HOOVES, TRIMMING AND SHOEING**
  “No hoof no horse”. Incorrect trimming and shoeing can cause a lot of unsoundness and reduce the horse’s performance extensively. Also read about the various types of corrective shoes.

• **OTHER PERFORMANCE REDUCING AILMENTS**
  Read in this chapter about issues that render the horse unable to carry out the expected work e.g. low haemoglobin count eating sand, ulcers and respiratory problems.
• **THE RIDER**
  The rider and the horse must be suited for each to form a great team. Read about the rider’s shortcomings and mistakes and find some solutions from the “Centred Riding” method by Sally Swift.

• **SADDLE FIT**
  Finding the correct saddle for the horse is a science in itself. Read about what to look for and which problems can arise if the saddle doesn’t fit.

• **BITS AND AUXILIARY REINS**
  How does the bit really function? How are the tongue and forelegs connected? What are the direct and indirect effects of the bit?

• **TRAINING METHODS**
  When the horse is asked to perform at his best, the training needs to be in order. Read about the importance of confidence between horse and rider, about the TTEAM training methods and rehabilitation after illness or injury.

• **EXAMINATION METHODS**
  Which examination methods should be applied to the horse? Read about the situations where X-ray, thermography and ultrasound scanning are indicated

• **TREATMENT METHODS**
  Having established a diagnosis the horse should be treated. Read about joint treatments, acupuncture, chiropractic and some of the exercises of the TTEAM Method.

• **HOW TO BUY A HORSE**
  It is difficult to choose a new horse. Get some advice on what to look for and read about the veterinarian’s purchase examination, insurance and what is done when the horse has to pass on to the eternal happy meadow.

**UNDERSTAND YOUR ICELANDIC HORSE** will be published in English and German in the spring 2004

You can pre-order books for $35.00 U.S. or 45.00 Cdn plus shipping, until March 1, 2004

The regular price will be $45.00 U.S. or 57.00 Cdn. Plus shipping

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