



www.thermalcommunications.com

6 Brampton Mews
Tiverton Road
Plumstead 7800
Cape Town, Western Cape
South Africa
Phone / Fax : +27 21 797 2173
Mobile : +27 82 784 3352
dinah@thermalcommunications.com
dinah@thermalcommunications.co.za

30 August 2023

Kendre
Yard Owner
Oude Molen Stables
Oude Molen Eco village

To whom it may concern

I am an Equine Thermographer, Saddle fitter and Fascia Release Bodyworker for horses. I am also a qualified food and nutrition educator and taught both secondary and tertiary level in local schools and at UCT for more than 20 years.

I have known Blitz since May 2020 and been assisting Lee Benjafield, his owner, with his bodywork since June 2020 when she took ownership of him after retiring from active duty as a riding school and trail pony.

As a working horse living in a herd prior to retirement, he had the normal wear and tear any working horse would exhibit. The fascia release techniques I use to assist horses release out tension and strain assisted him to feel more comfortable again and allow him to be as active as he wished to be. He was allowed free roaming time in the big field, adjoining his night camp housing his stable, daily. It was reported that he would often be seen having a good run around and certainly enjoyed this time of his daily routine. I assisted him on a monthly basis for the first six months and once most of the long term issues had been addressed, I was called only when he showed any discomfort or pain which arose from his self-imposed activity.

In December 2021, Lee called me to come and assist Blitz as he had come in from the field lame. His vet had been in attendance and the necessary attention and medication administered. Blitz had injured his left front limb causing the tendons to contract and rotate the fetlock and pastern into the negative. He did not display any significant signs of pain and he allowed me to work on the limb and his entire body without any restraint or medication. The contracted tendon was quite established by the time I saw Blitz.

Since the time of this injury, I have been working with him twice a month but if needed as often as weekly. The progress he has made has been very encouraging. He is now able to stand on the limb with the pastern in the vertical position. There have been times when the pastern has even returned to the positive position for brief moment. Whilst Blitz is living with a disability, he is still a very active pony and still looks forward to his time in the field.

His owner attends to his every need and he is seen by his vet, Dr Lauren when needed and his farrier Craig Sutton on the regular 6 weekly rotation. In my opinion, Blitz is not living in pain as a result of this injury. Any pain he may display at any time is immediately addressed, whether it be arthritic during the cold



www.thermalcommunications.com

6 Brampton Mews
Tiverton Road
Plumstead 7800
Cape Town, Western Cape
South Africa

Phone / Fax : +27 21 797 2173
Mobile : +27 82 784 3352

dinah@thermalcommunications.com
dinah@thermalcommunications.co.za



winter times or muscular, from overdoing the free play he is permitted to do. He has a good appetite and has maintained good condition throughout the time since the injury to his left front limb.

I believe Blitz is a happy and content horse, who enjoys the company of his companions at all times.

Yours sincerely

A handwritten signature in black ink, appearing to read "Dinah Curling". The signature is fluid and cursive, with a large loop at the end.

Dinah Curling CIT #8341, ECT
Voice of the Horse Bodywork & True Comfort Saddle Fitting