

## Behind the Magic of the Trixie Chicks Trick Riders: TheraPlate Fuels Performances



*Westphalia, MO (June 14, 2017)* — TheraPlate, the Official Therapy Plate of US Equestrian, is proud to welcome professional trick riding team Trixie Chicks Trick Riders as the newest TheraPlate Brand Ambassadors. Based out of Westphalia, Missouri, these fearless women have made trick riding their full time careers, performing their daredevil acts and offering clinics and lessons across the continent. The horses that make these famous acts possible all benefit from the TheraPlate to stay in top condition for performance.

Founded by trick rider Shelby Epperson, the Trixie Chicks Trick Riders is currently owned by Kelsey Temmen, who has a Master of Education in Equestrian Education at William Woods University and was the 2016 International Trick Riding Open Champion, Calgary Stampede Canadian Trick Riding Competition Open Champion, and North American Trick Riding Championships Open Women's Champion. Epperson graduated with a Bachelor in Agriculture Business-Enterprise Management with an emphasis in Animal Science.

Trick riding takes excellent riding skills to a new extreme. In addition to physical and mental agility on the part of the rider, working with a trusted equine partner is absolutely crucial for participation in this high-risk sport. The Trixie Chicks place a strong emphasis on maintaining the health and happiness of their eight performance horses, keeping them motivated and regularly rewarding them for a job well done. That's how Temmen first discovered the benefits of using TheraPlate two years ago, while training her horses in Texas. "I wanted to give all of my boys a spa treatment before I headed back home to Missouri, so I found an equine rehab facility and took a pit stop to get them pampered," explained Temmen. There was a TheraPlate at the facility, so Temmen and her horses gave it a try. "They loved it, and I knew we had to get them a TheraPlate of their own. These horses work their tails off to keep me safe and to do their best – it was the very least I could do for them!"

TheraPlate's innovative therapy platforms offer a wealth of benefits for horses across the disciplines, helping them to stay sound and conditioned simply by standing on the platform. TheraPlate uses low-intensity, dynamic movement to stimulate muscle contraction and increase circulation. In the process, it reduces swelling, builds muscle mass, fosters healing, and helps to prevent injury.

"Every time we travel, we find more and more ways to incorporate the TheraPlate into our routine," said Temmen. "When we are at an event we like to set up our TheraPlate for not only our use, but also for anyone at the event who would love to try it to see it's benefits. We

use it as a way to warm up and cool down our horses, but our favorite use is for recovery after a performance or the next morning. The horses absolutely melt in relaxation when they get on it!”

When the Trixie Chicks are not at an event, they set up the TheraPlate in their barn for regular use between conditioning exercises and practices. Even their trick riding students like to lie on the platform at the end of the day. “I lay a towel down on it, and we use it for our own muscle soreness,” explained Temmen. “Sometimes it's hard to get the kids off of it after a long day of practice — and the horses don't appreciate having to wait their turn!”

Temmen reported that all eight horses in the Trixie Chicks program have benefited from their usage of the TheraPlate. “Trick riding can be extremely strenuous on the body. Some of our favorite benefits of using the TheraPlate include quicker recovery, reduced soreness, and overall relaxation. One of my trick riding horses tends to get a little nervous, and the TheraPlate helps give him a more consistent routine and the chance to relax pre- and post-performance.”

The Trixie Chicks will be traveling through more than 17 states and two countries this year. To find out where to catch one of their stunning performances or attend one of their clinics (and try out their TheraPlate platform in the process), check out their full schedule at [www.trxchx.com](http://www.trxchx.com).

In December, Temmen will defend her title at the North American Trick Riding Championships in Las Vegas. “I'm currently training new tricks and new horses to prepare for intense competition at the highest level available in the world right now,” she said. “I would be nowhere without these amazing animals, and I can't thank TheraPlate enough for helping us take the best care of them possible!”

Based in Weatherford, Texas, TheraPlate Revolution offers therapy platforms for both horses and their human teammates. To learn more about how the innovative TheraPlate can improve horses' health, or to arrange a no-obligation trial, visit [www.theraplate.com](http://www.theraplate.com) or call toll-free (800) 922-3685 or direct (817) 629-5171.

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Photo 1: Kelsey Temmen and Cookie at the North American Trick Riding Championships in Las Vegas, NV (Photo courtesy of Shannon Fox Photography)

Photo 2: Shelby Epperson and Count at the Bulls, Barrels, & Broncs event in Verndale, MN (Photo courtesy of Alan Braunworth Photography)