



## EQUINE STRETCHES

These stretches are easy to do and encourage your horse to flex and can help improve suppleness. Remember to start slowly (up to 5 seconds) and build up over a few weeks to a maximum of 15 seconds per stretch. All you will need is some carrots!

Please note the following points before carrying out these stretches:

- Perform all stretches in a safe environment (you and your horse).
- All stretches are to be done on warm muscles (after exercise).
- Stand your horse square before beginning all stretches.
- If a handler is not available, please ensure your horse is either tied up (quick release knot) or you are able to hold (depending on the stretch).
- Don't force a stretch, the aim is to gently encourage your horse.
- Any questions please contact us at Equine Massage Works.

### 1) Head height side stretch

Perform this stretch at the horse's head height and encourage your horse to bend to the same side you are working on (towards the ribs).

Repeat: 2-3 times on both sides.

Duration: 5-15 seconds.

Tip: Make a visual note of how far your horse can reach and if it is equal on both sides!



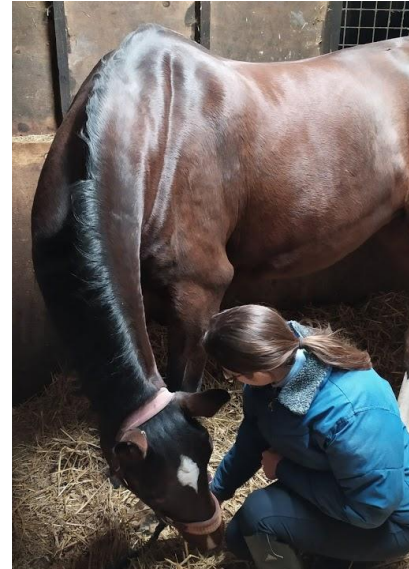
## 2) Low side stretch

Perform this low stretch by encouraging your horse to bend down and around to the same side you are working on.

Repeat: 2-3 times on both sides.

Duration: 5-15 seconds.

Tip: Aim for the outside edge of your horse's fetlock.



## 3) Between the front legs

Perform this stretch by encouraging your horse to lower the head down first and then back between the front legs.

Repeat: 2-3 times.

Duration: 5-15 seconds.

Tip: Keep the carrot close to your horse's lips (if you can!) to avoid any bouncing movements

## 4) Belly lift

The belly lift will help to engage your horse's abdominals and lift the thoracic vertebrae (horses back) vertically.

Repeat: 2-3 times.

Duration: 5-15 seconds.

Tip: Make sure the tips of your fingers are pressing up in the middle of the horse's belly (where the girth goes).



Any questions, please do not hesitate to contact me.

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