



6 HINDLEG STRETCHES



GUIDELINES

Stretch on non slippery surfaces.
Only stretch legs as far as a horse is comfortable.
If the horse resists then stop.
Place legs back on the ground gently at the end.
Do not stretch hind legs if you don't feel comfortable.



GLUTEAL STRETCH

Pick up the leg holding the fetlock or cannon and ask the horse to lift it's leg flexing at the hock. Lift as high as you can until you feel resistance. This will stretch the gluteal and hip joint.



STIFLE STRETCH

Pick up the hind leg and ask the horse to stretch it out behind the body keeping the hock flexed. This will help stretch the muscles involved in hind leg protraction and engagement.



HIND RETRACTION

Pick up the hind leg and ask the horse to stretch it out behind the body asking them to extend the toe towards the ground. This will help stretch the muscles involved in protraction of the hind end. As well as the hind leg muscles.



HIND LEG PROTRACTION

Pick the leg up like the farrier would to ask the horse to place it on the stand and hold the hoof close to but above the ground. This will help stretch the hamstrings and muscles involved in hind leg retraction.



LATERAL STRETCH

From the other side, pick up the fetlock and ask the horse to stretch it's leg under and across the belly. This will stretch the abductors and adductors as well as the hamstrings.

"STRETCH YOUR KNOWLEDGE"

Stretch Exercises For Your Horse

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