



# 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

**Nairn Jackie Nairn, Jackie Nairn**



## **Stretch Exercises For Your Horse:**

**Stretch Exercises for Your Horse** Karin Blignault,2003 In *Stretch Exercises for Your Horse* occupational therapist and equestrian trainer Karin Blignault illustrates how the controlled stretching of muscles long used to enhance human athletic performance can also be applied to the horse to prevent injury alleviate pain and improve performance The individual exercises are explained in detail with clear instructions providing the basic anatomy and physiology of the muscles which exercises benefit which muscles and the fundamental principles of performing both passive stretches from the ground and active stretching exercises from the saddle All the exercises are designed to ensure that they are carried out in the most beneficial manner with no risk or injury to horse or human publisher description

### **Stretch Exercises for Horses**

Jean-Michel Boudard,2022-08-23 A highly illustrated guide to the most effective and beneficial stretches for horses Stretching is a necessary part of any athlete s exercise and maintenance routine Long recognized to promote flexibility and prevent injury in humans stretching can bring the same benefits to horses when made part of their daily care This illustrated handbook makes it easy for riders and owners to include simple exercises that improve performance and increase longevity in their usual training schedule Optimal equine performance requires strength flexibility coordination and resilience The practice of stretching makes it possible to develop and maintain all these elements in harmony It also provides valuable transition time from hours that may have been spent in a stall to the gymnastic expectations we have for horses under saddle rhythm and elasticity of the gaits willingness to go forward beautiful and dynamic movement reliability and surefootedness and more With clear descriptions of the anatomical and physiological principles of stretching readers gain an understanding of the exercises that may be best for their horses and disciplines in mind Then detailed instructions are provided explaining Simple quick to do joint and muscle evaluations Stretches targeting specific muscle groups Stretches to promote suppleness and relaxation Stretches to warm up and prepare for work Stretches for cool down and recovery Color photographs demonstrate evaluations and stretches step by step supplemented by detailed explanations of what you may discover in your horse s reactions Perhaps best of all readers are provided a therapeutic reason for more hands on time with their horses and new ways to listen to him to understand him and to ultimately improve his well being and performance

### **Stretch To**

*Connect: Finding Balance And Harmony With Your Horse* Paula Curtis,2019-04-26 Connecting with your horse is the single most powerful thing you can do to transform your riding and training And Stretching on horseback offers one of the easiest fastest and most time effective ways to become a better rider AS you find unity with your horse This book of ridden stretching exercises helps you become a better rider as you create a stronger partnership with your horse

### **55 Corrective**

**Exercises for Horses** Jec Aristotle Ballou,2019-01-04 Over time horses like people acquire postural habits compensate for soreness and injury and develop poor movement patterns This limits performance ability causes unsoundness and health issues and ultimately undermines the horse s overall well being Jec Aristotle Ballou has made a name for herself advocating

for the horse and providing sensible instruction in his schooling conditioning and care Her bestselling books and popular clinics are designed to enable any horse person to correctly apply proven principles that bring measurable progress while avoiding boredom and confusion In her latest collection of mounted and unmounted corrective exercises Ballou demonstrates how we can actively work to improve the horse s posture and movement whether he is an active performance or pleasure mount an aging or older horse that benefits from gentle exercise or one being rehabilitated following injury illness or lack of conditioning Ballou s positive cross training techniques are free of shortcuts and her guidelines for analyzing the horse s posture and way of going help readers gain a new awareness of the equine body Applicable for all disciplines this is an integral collection that optimizes how the horse uses his body and helps ensure he stays sounder and healthier for more years of his life

**The Illustrated Guide to Holistic Care for Horses** Denise Bean-Raymond,2009 *Light in the Saddle, Practices and Principles for Horses and Humans* Sara Annon,2018-08-15 *Light in the Saddle* is an eight volume series that starts with building a relationship with your horse on the ground and continues through developing the foundations of communication in the saddle Educating and conditioning the horse humanely along with exercises for the rider opens the doors step by step to both horse and rider enjoying the process of exploring their full potential Dressage Equine behavior Equine biomechanics Equine ethology Horse Training Humane horse training Rider exercises on the lunge Saddles Schooling your horse The natural aids *101 Dressage Exercises for Horse & Rider* Jec Aristotle Ballou,2025-04-08 Dressage is the ultimate achievement of oneness between horse and rider Featuring a full arena diagram and step by step instructions for each exercise this sturdy book is designed to allow the rider to hang it on a hook and refer to it from the saddle You ll learn how to improve your riding position master looseness balance and suspension and perfect flying changes as you work toward dressage success

**Horse's Pain-Free Back and Saddle-Fit Book** Joyce Harman,2018-02-01 When your horse suddenly develops a performance problem or a bad attitude and neither seem to be remedied by new training techniques or medical care you often face months even years of frustration and career limitation Dr Joyce Harman veterinarian and respected saddle fitting expert states that 75 percent of horses with such issues are simply reacting to pain caused by ill fitting saddles And as she explains in this thorough and highly illustrated book poor saddle fit can be corrected with patience and know how

**Gaited Horse Bible** Brenda Imus,2019-08-01 The gaited horse bred and trained to perform smooth to ride ground covering alternative gaits not the trot jog or canter lope that can often be sustained long distances and sometimes at astounding speeds has steadily gained mainstream popularity as a pleasure or trail mount in addition to its traditional status as a top notch show ring competitor While generations of careful breeding have instilled a natural ability to gait in certain breeds the smooth saddle gaits are not necessarily automatic This means that riders whether exploring the backcountry or vying for a championship ribbon need to train their gaited horse to be able to perform and then school him to perform well consistently and without doing damage to his body The best person to develop your gaited horse s smooth saddle gaits is you

writes renowned gaited horse trainer and clinician Brenda Imus in *The Gaited Horse Bible* You need to learn only a few basic principles to develop and maintain your horse's gaits As you do you will build an important relationship with him as well as saving trainer's fees It's a win-win situation all the way around From the simplest clearest explanation of the Gait Spectrum you'll find to a discussion of gaited horse breeds their history characteristics and uses and gaits running walk rack fox trot tolt trocha for example to an in-depth study of conformation movement and soundness it's all in this terrific resource Year by year basic training and advanced schooling including flexion collection and lateral work to improve natural gaiting ability is followed by a superb problem-solving section that features simple exercises for alleviating common behavioral problems avoiding and correcting physical issues and fixing deviations in a horse's smooth gaits With a summary of bridles bits saddle fit and back dynamics as well as optimal shoeing and trimming for gaited horses *The Gaited Horse Bible* is the perfect how-to package for every gaited horse rider and owner

*Equine Sports Medicine, An Issue of Veterinary Clinics of North America: Equine Practice* Jose M. Garcia-Lopez, 2018-07-20 This issue of *Veterinary Clinics of North America Equine Practice* focuses on Equine Sports Medicine and includes topics on Lameness evaluation in the equine athlete Diagnosis of soft tissue injury in the sport horse Upper airway conditions affecting the equine athlete Lower airway conditions affecting the equine athlete Cardiac Cardiovascular conditions affecting sport horses Neck back and pelvic pain in sport horses Neurologic conditions affecting the equine athlete Metabolic diseases in the equine athlete Muscle conditions affecting sport horses Lyme disease in the sport horse Management and rehabilitation of joint disease in sport horses Regenerative medicine and rehabilitation for tendinous and ligamentous injuries in sport horses and Chiropractic and manual therapies

*Equine Muscle Magic* Nairn Jackie Nairn, Jackie Nairn, 2010-04 *Equine Muscle Magic* was designed for every horse owner in a user-friendly step-by-step fashion so that you can make profound changes in your horse's health and performance through massage At the same time you will build a multi-level connection in your human-horse relationship deeper than can be imagined Learn how to clear your mind perform stretches for horse and rider success and master the mechanics of a successful equine massage A 10-minute massage will get you started Then understand the importance of building a Body Map and finally be able to perform a one-hour full-body massage for your specific equine discipline

*The Complete Guide to Endurance Riding and Competition* Donna Snyder-Smith, 2008-05-05 First Star to the Right and Straight on Till Morning At the 90-mile vet check she sat in the middle of the road crying claiming extreme illness and trying to avoid her nightmarish fears her horse would die of founder or colic or anything The last ten miles of trail stretched forever in her mind black like licorice taffy After a large measure of TLC from her patient and understanding crew she and the gelding were out of the check and on the trail again The entire universe shrank to center on the pair in the moonlight Time stopped and the world faded into nothingness They were running in a small ever-changing pocket of existence the rhythm of his hooves the heartbeat of that universe Ribbons and trail appeared before them and lost substance as they moved past For the rider clinging to the saddle there was no thought no

pain no emotion only the instinctive drive to chase past each ribbon as it appeared Suddenly her horse jumped sideways eyes and ears frozen forward Awakened from her trance she oriented herself on his suspected woods troll a familiar embankment that meant they were a half mile from home Easing him past the scary object she sent the gelding on clinging to his neck As his soft lope swept them across the finish line she wanted to laugh out loud or cry but was unable to summon the strength for either A few small tears trickled down her cheek the only sign of the enormous pride she felt inside Becky Huffman

Endurance rider wife mother of two and student of author Donna Snyder Smith The Howell Equestrian Library **Katie**

**Jerram's Modern Horse Management** Katie Jerram, Carolyn Henderson, 2017-05-31 Good stable management is at the heart of keeping a horse happy healthy and sound and anyone who is responsible for a horse's day to day care has a huge responsibility In this book Katie Jerram offers advice that comes from years of private and commercial horse management and has been proven to work for horses and ponies of all shapes sizes and roles Whether you are a private owner wanting to do the best for your horse and get the most from him a student looking forward to a career in the horse world or someone who already runs a yard this book will show you ways to improve your horse management skills It may require you to analyse why you follow practices you've carried out for years and perhaps change the way you operate It may also reinforce some of the principles that have been the bedrock of horse management for many years albeit by including new techniques The methods discussed here have been applied to show horses racehorses eventers and youngsters starting out their careers and the result is a long and continuing roll call of happy healthy and successful horses Rider's Pain-Free Back James

Warson, 2007-10-01 Over 90 percent of the US population seeks help for back pain at one point or another during the course of their life If you're a horseperson back pain is of particular concern as it not only robs you of the joys of riding it threatens your livelihood as well From grooming and tacking up to performing a flawless reining pattern or jumping a clean round to stacking hay bales or pushing a wheelbarrow everything we do on and around horses demands a supple strong healthy back Now in his unique easygoing style Dr Jim Warson a neurosurgeon who also happens to be a lifelong horseman provides all the practical information you need to understand the diagnosis and treatment of back pain whether caused by equestrian pursuits outside activities illness or heredity More importantly he shows readers how to prevent back problems before they have a chance to unseat you This book includes Normal back biology and function Congenital conditions trauma arthritis and infection Understanding symptoms and pinpointing problem areas Tack's impact on the physics of riding How your horse's conformation can affect your body Traditional and alternative treatments and therapies Techniques for saddling and mounting without stress Recommendations for pregnant riders In addition Dr Warson provides a section specifically geared toward improving rider flexibility and strength You'll find step by step instructions and photo series for 10 stretches and 8 exercises for a healthy stress free back allowing you to not only enjoy your riding but all your day to day activities whatever they may be **40 5-Minute Jumping Fixes** Wendy Murdoch, 2014-07-01 Better balance in the saddle improved body

control from head to toe and increased influence with your seat are just a handful of the simple fixes offered in this straightforward training manual for jumping. Most of the suggestions provided require only a few minutes to learn and offer solutions for making jumping more enjoyable for both riders and their horses. By starting and ending each ride with these simple, easy, and effective fixes, equestrians will happily and efficiently replace old habits with new ones and get out of the riding rut we all find ourselves in at some point in our riding career.

**Adams and Stashak's Lameness in Horses** Gary M. Baxter, 2011-01-13 The Sixth Edition of Adams and Stashak's *Lameness in Horses* builds on the book's reputation as the classic gold standard reference on equine lameness. Now in full color, the text has been fully revised and streamlined to improve user-friendliness with a new simplified format and a stronger emphasis on the diagnosis and management of lameness. A valuable supplementary DVD provides a complete guide to diagnosing lameness, offering additional anatomical images, video clips demonstrating key procedures such as physical examination, flexion tests, perineural and intrasynovial anesthesia, and examples of lameness conditions in motion. The Sixth Edition presents new or significantly rewritten chapters on the axial skeleton, principles of musculoskeletal disease, principles of therapy for lameness, occupation-related lameness conditions, and lameness in the young horse. The diagnostic procedures chapter has also been significantly expanded to reflect advances in this important area.

**Adams and Stashak's Lameness in Horses Sixth Edition** is an essential addition to any equine practitioner's bookshelf.

**Riding Through Thick and Thin** Melinda Folse, 2016-03-01 Many, if not most, women have been locked in a battle with their bodies for as long as they can remember. And when it comes to riding horses, they drag their arsenal of self-doubt with them every time they step into the saddle. Some quit riding completely. Others ride but are frustrated by their lack of progress as riders or what they see as poor performance. They succumb to silent self-torment as they wonder how they look, what others think, and whether they have any business on the back of a horse if their jeans feel a little too tight. Regardless of seat size, riding discipline, or the degree or even truth of the body issues with which they struggle, the scars on female self-image in our society run deep and wide. So with the humor and big sisterly swagger that readers and reviewers have come to love, Melinda Folse, author of bestseller *The Smart Woman's Guide to Midlife Horses*, has decided to step in with a delightful, insightful, fulfilling new book, *Riding Through Thick and Thin*. Delving to the bottom of the issues that have long held women hostage, bringing together experts, research, resources, and stories to encourage, inspire, and empower. Readers will find some answers that may surprise them. Believe it or not, this is not about losing weight or getting fit, although if that's a point of interest, there's a section packed with helpful tools and ideas. This book is more about what's going on in every woman's mind, and it taps new findings in neuroscience to reveal that permanent change to deeply ingrained body image issues is not only possible but it may be much easier than we think.

**Complementary Medicine for Veterinary Technicians and Nurses** Nancy Scanlan, 2024-04-05 Timely update of a practical reference book in complementary medicine with expansion of bibliographies, nutrition, and diet treatments and therapies. *Complementary Medicine for*

Veterinary Technicians and Nurses provides a broad overview of complementary veterinary medicine in general designed as a reference book covering the most commonly used complementary modalities with an explanation of each modality and its historical background procedure guidelines and usefulness along with practical tips A range of both common and lesser known modalities are covered including physical therapy holistic nutrition acupuncture chiropractic Chinese Western and Ayurvedic herbal medicine homeopathy aromatherapy and grief counseling The text enables readers to assist with procedures associated with holistic medicine and knowledgeably discuss treatment options with clients Outlining the respective roles of technicians and veterinarians throughout Complementary Medicine for Veterinary Technicians and Nurses provides thorough coverage of integrative veterinary medicine in a user friendly digestible format The book provides clinically relevant patient history and release forms a glossary of terms quick reference charts and contact information for additional resources and training Written by a highly qualified author with significant experience in the field Complementary Medicine for Veterinary Technicians and Nurses covers sample topics such as TCM theory chiropractic medicine veterinary orthopedic manipulation VOM osteopathy homeopathy aromatherapy and veterinary NAET Homotoxicology applied kinesiology AK bach flower therapy glandulars cold laser therapy magnetic therapy ozone therapy and prolotherapy BioNutritional analysis BNA immuno augmentative therapy IAT color therapy rife EAV Biotron and animal communicators Detoxification nutraceuticals general nutrition trigger point therapy reiki shiatsu tuina underwater treadmill therapy and herbal pharmacy procedures Role of conventional medicine in a holistic practice ozone therapy pulsing magnetic field therapy and assisi loop A unique resource covering different modalities that can be used to effectively treat health problems in animal patients Complementary Medicine for Veterinary Technicians and Nurses is an essential resource for veterinary technicians and nurses along with veterinarians and dedicated pet owners who wish to move beyond basic consumer resources

**Equine Fitness** Jec Aristotle Ballou, 2009-12-09 Get your horse in shape and maintain his overall fitness regardless of his age or abilities Equine Fitness will have your horse looking and feeling his best with a series of fun exercise routines specifically designed to enhance his strength stamina and agility Clear step by step instructions and detailed illustrations make the exercises easy to follow and the book includes a handy set of pocket sized cards that you can use in the ring Jec Ballou's simple conditioning program promises lasting results for healthy horses and satisfied riders

**Riding for the Rest of Us** Jessica Jahiel, 2008-04-21 A Practical Guide for Adult Riders The Howell Equestrian Library is a distinguished collection of books on all aspects of horsemanship and horsemastership The nearly fifty books in print offer readers in all disciplines and at all levels of competition sound instruction and guidance by some of the most celebrated riders trainers judges and veterinarians in the horse world today Whether your interest is dressage show jumping or Western riding or whether it is breeding grooming or health care Howell has a book to answer your needs Get to know all the books in the Howell Equestrian Library many are modern day classics and have achieved the status of authoritative references in the



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web 5 click on authorised signatory yes 6 refresh the page or move to another tab 7 the button invite authorised signatory

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