



Paraspinal

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Stand at your horses side and reach underneath the body to the opposite girth area. Place your hand in the girth area and form a half-moon shape with your hand, encouraging the horse to move his ribs towards the side on which you are standing. Be sure to look at the horses' rib cage before and after the stretch to determine the efficacy of the stretch. The ribs likely won't appear to move that much, however it represents a significant range of motion for the back and muscles that support the spine (Paraspinal muscles).

Hold times for this stretch start at 5 seconds and can build to 20 seconds after the horse becomes more familiar with the exercise. Please perform 2 repetitions of this stretch on each side.



Before



After

**** Be safe when stretching your horse. Have a look around the area you are working in and ensure there is nothing that can catch him or he can trip on. Make sure the footing is safe so he doesn't slip and that you never stretch a horse that is tied up. Safety is our number one concern and we have to always make sure we don't put our horses in a dangerous position.****

****NOTE: Therapy is not a replacement for Veterinary Care.****