



Foreleg Lifted Rock Back

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- Have horse standing in a firm flat surface and as square as possible. These are both for safety and for the exercise to be as effective as possible.
- Lift up your horses' front leg. Gain a comfortable stance that allows you to cradle the leg and maintain the weight of the leg.
- The leg must stay under the horses' body in the natural line of the horse, careful to not pull leg out to the side.
- Try as well to keep the knee open to avoid stress on the knee or fetlock joint.
- Now place your free hand on the horses point of shoulder and push back towards the opposite hind leg.
- You want to see the opposite hind fetlock drop, indicating you have pushed with sufficient force to rock the horses weight back to that leg.
- Repeat 20-30 times if your horse permits you.
- Allowing the horse to bounce back to its neural posture each time.
- If your horse is asymmetrical. Your body worker will want you to focus your efforts on the side with less mobility.
- You will be able to note a difference in the ease of the movement as you do both sides.
- If there is a difference work on the side that is harder to push with more repetitions than the easy side.
- The amount you choose to do should be decided in



conversation with your body worker to ensure we don't go too far and make the horse sore.

On each of these mobility type movements you can do them before and after work.

- Before work; we will do them in a rocking fashion with the quick activation and release.
- After work, they can be turned into more of a stretch type move where you do the movement and hold while in a comfortable range of motion for the horse.
- Hold times will be 3-5 seconds for beginners and working up to the 30 second mark for more advanced horses. The above number of repetitions will be reduced by 1/4 if you are increasing the more advanced hold times.



****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.****