



Lateral Hind End Tuck

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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.
- Standing to the side of your horse reach across to the opposite gluteal region.
- Reach as far forward as you can (not passing the point of hip on smaller horses) and turn your fingertips into the muscle tissue.
- Press with the force you would push a thumb tack in a cork board and drag in a half moon shape towards the horses' tail head.
- This motion from you should suggest to the horse that he/she brings the hip towards the side you are standing on.
- Repeat 5-10 of these if 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 engage 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 working your horse.

- 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.****