



Psoas Stretch

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The Psoas muscle is the major hip flexor in the horses' body. It is a long round muscle located under the lumbar spine and attaching to the pubis (pelvis). This muscle can get extremely tight and irritated. To stretch it we need two people: with one person on either side of the horse, we need to locate the hip bone (coxal tuber) and press in as shown with the direction of pressure being applied towards the top of the tail. The horse will dictate how much pressure we can apply. A horse will often lean into this stretch to relieve the discomfort in the muscle. If the horse is wiggling back and forth, we know that either the pressure is too great or one of the people is pressing harder than the other. This stretch must be held for a minimum of 3 minutes and can be done before and after work. To start, the exercises must be done for 9 days straight at which point you, as a rider, will know if you should continue daily or can back down to every third day for the next three weeks. This exercise can be added to your regular list of stretching especially if you have a horse that is tight in the back or hips.



**** 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.****