



# Cookie Stretch

## Cookie stretches

The full range of cookie stretches is a great way to create mobility in your horse's neck and body. To do these stretches, you will place a cookie at each of the spots noted on the diagram and in the pictures. If your horse is just learning to stretch, your horse may not be able to fully reach the spots themselves; in that case, use these spots as goal spots to attain as your horse limbers up. It is very important to keep the height of the stretches the same, even if the spots are not fully reached. The range of motion will come, but each area has a specific muscle group in mind when done correctly.

A) The hipbone cookie as your horse comes around to take a cookie from his hipbone he is stretching the mid and low back on the opposite side, as well as the poll and neck.

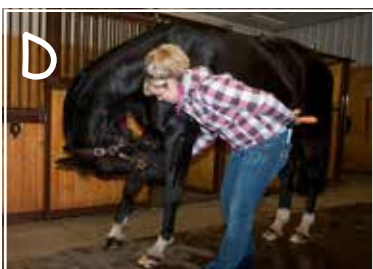
B) The stifle cookie as the horse reaches to this cookie on a 45° angle, the horse is stretching the jaw and poll, as well as mid- and upper-back and upper shoulder.

C) The center of chest cookie, have the horse reach his neck up and then back towards his chest. This stretches the neck, shoulders, upper ribs and pectorals.

D) The cookie between front legs the cookie is held at the height of the chestnut, and we must ensure the horse is not allowed to bend or buckle his knees when doing this stretch. This will stretch the back, shoulders and neck. The range of motion is dictated by the horse - have him reach as far as he can without using his legs.

E) The cookie at the outside of the fore hoof - have the horse reach down to the ground and slightly curl around the hoof. This stretches the neck, shoulders, poll and jaw.

F) If your horse is behaving aggressively because of the cookie, try putting the cookie in a small bucket and placing the bucket at the target areas. Another option is to put a carrot through a yogurt container lid to protect your hand as shown in the picture. Safety is the number one goal so be careful and use common sense so that your horse can experience the maximum benefit from the cookie stretches.



**\*\*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.\*\***