

Inhand Equine Therapy



Rib/Hip Rock

Rib/Neck Rocking

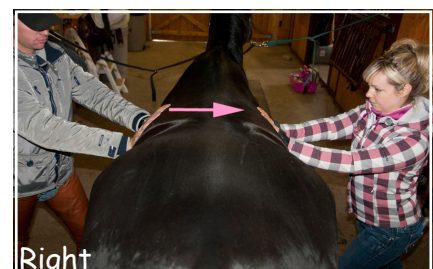
This exercise is a great way to increase the range of motion in your horse's body.

Rib Rock

Have one person on one side of the horse and one on the other. Place your hands in the mid to upper part of the ribs, as shown in the picture. One person will push the horse towards the other person, and then the other person will push the horse back. This movement from one person to another will create more mobility in the ribs, sternum and back.

The duration of the rocking will depend on the individual horse and the goal is to slowly increase the duration as the horse becomes stronger. Start with 45-60 seconds, and slowly build to 3 minutes.

Watch that the horse doesn't move its feet, as this would indicate you might have pushed too far. It is important to start slowly enough so that the horse trusts that you are not pushing him to move out of the way. A horse may move once you are into the rocking as well and this would be an indication of fatigue. Do not push past the point of fatigue and be careful to watch and read your horses' queues to ensure you only do what your horse can tolerate.



Hip Rock

Cup the top of the tail with one hand, as shown. Be cautious to keep your hand right at the top of the tail, where it meets the horse's hamstrings. (Be sure not to slide down the tail, as this will just move the tail). Start your rock as explained above.



**** 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.****