



# Poll Nod

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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.
- Place one hand on your horses poll where the head piece of your bridle goes.
- Be careful to not get your hand caught up in the halter, in case the horse objects and lifts its head quickly.
- Place your other hand under your horses' jaw, about the height that your cavesson does up.
- While using the poll hand as a stabilizer, take the jaw hand and start to make your horse say yes, or nod.
- Start small and build with this exercise, we would love to see a big yes movement but to do so you need to gain trust, and to gain trust start with little baby yes's.
- It's important that we do this in the natural line of the horses spine.
- Straight neck and straight head if possible. This will ensure you get the most balanced work possible.
- Repeat 20-30 times if horse permits you.
- Allowing the horse to bounce back to its neural posture each time.
- 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.\*\***