



Foreleg Sternal Lift

Forleg Up Sternal Lift

- 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.
- Pick up the foreleg and support the leg so that you and your horse are comfortable.
- The leg must stay under the horses' body in the natural line of the leg and not pulled to the side.
- Reach in front of the foreleg and then under the horses' thorax.
- Your fingers should rest just in front of where your girth would lay right in the center of the horse.
- Do a lift there by wiggling your fingers and stimulating the horse to lift the thorax up using the muscles of the leg still planted on the ground.
- This exercise is extremely effective at targeting the core tissue and thoracic sling tissue on that leg.
- Repeat 10-15 of these 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.****