



Quick Tail Pull

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- Have horse standing on a firm flat surface and as square as possible.
- These are both for safety and for the exercise to be as effective as possible.
- Stand off to the side and place your hands on the tail under the dock.
- Line the tail up with the spine and have it at the height of the natural lay of the tail.
- It is important you keep the tail inline during this move.
- Using your body rock your weight back and pull tail in a quick but gentle fashion.
- Keep your eye on the muscle tissue on each side of the spine just above the tail head.
- You want to see it activate and pop up. If there is no rise in the tissue you may have to adjust your weight of pull.
- This weight however should not be hard.
- You will create resentment in the horse with aggressive pulls. You only need to stimulate the tissue.
- Repeat 20-30 of these if horse permits you.
- Allowing the horse to bounce back to its neural posture each time.
- If your horse is asymmetrical, you will see one side activate more then the other.
- 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.****