



## Stifle Isometric

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This exercise targets your horses' stifle tone. This is a great way to get tone in an area that is very difficult to target.

Start by grabbing your horses' tail where there is no bone. Point the tail at the dimple of the stifle. Pull on a plane that is slightly downwards and forwards, as shown in picture, until you see the quadriceps muscles contract. Hold for 5-10 seconds. Build slowly, starting at 5 seconds and work your way up to the 10-second mark. Start with 3 repetitions and work your way up to 8-10 repetitions.

The horse has to keep weight on the leg of interest for this exercise to be effective. If the horse keeps moving away from you, check that you were not pulling too abruptly, too strongly or that the footing was uncomfortable for the horse to keep his balance.



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