

Ground Exercises 2.

Side bending

Chin to girth



This exercise not only mobilises the neck, but also activates the forelimb stabilising muscles and abdominals.

Note the very different movement patterns and range of movements of the two horses. The Bay horse has only just come back into work after 3 months and is stiff and weak. The Bay is an ex-racehorse and has a stiffer neck than the other horse before doing the stretches, within 2 weeks of stretching his movement improves to a normal range of movement (pics to follow)

Chin to Flank (horse1)



Chin to Flank (horse 2)



This exercise mobilises the entire spine to side bending, but also activates the side abdominal muscles(internal and external obliques), and the forelimb and hind limb stabilising muscles.

PLEASE CALL ETTI ON 07977 211782 FOR ANY FUTHER INFORMATION