

Ground exercises 3.

Reflexes

Caution: Although these are very useful exercises they are potentially high risk to yourself, as the horse may react quickly. To protect yourself always stand to the side of the horse initially and be ready to step away quickly> Also make sure the horse is untied so he does not pull back. If you have a horse with an injury or who is particularly sensitive then ask an expert to teach you initially.

Sternal Reflex

Technique: use a blunt object or cup your hand, place your hand or object under the horse's belly as far forward as you can into the groove in front of the girth area, press into the horse and draw your hand backwards quickly along the groove, as if trying to lift the stomach. Focus your eyes on the wither area as you are looking for the horse to lift this area. Only expect a **small** lifting movement as this is not a very mobile area. Beware some horses resent this area being touched so be gentle to start with to assess how your horse will react. It will get easier with practice.



Lumbosacral reflex





Technique: Either use a brisk finger-pad pressure from the top and to the side of the rump, downwards to beside the hamstring muscles, or use thumb pad pressure from the base tail upwards. The horse should curl his back underneath him.

PLEASE CALL ETTI ON 07977 211782 FOR ANY FUTHER INFORMATION