

HANDS-ON EQUINE CARE

Pre-Ride/Pre-Event Stretches



By **Don Moore D.C.** | E: drdonmoore@yahoo.com | T: 949.295.4263

1. Carrot Stretches

Side to Side. Stretch head/neck pass midline

Up and Down. Reaching as high as you can go. Then between their legs for a bow.

2. Fetlock Release

Support Sesamoid bones and bringing the hoof through a full range of motion.

3. Cannon Rotations

With your elbow locked into theirs, lift the hoof to 90 degrees and rotated counter clockwise 3 times

With elbow still into theirs rotated cannon clockwise 3 times

4. Front Leg Stretches

Pull front leg forward. Supporting under horses "Knee". Allow 10 to 12 seconds for the horse to truly "Give" You their leg.

Rotated leg counter clockwise. Watch the scapula movement up on the wither. **Remember to use your legs. No matter what, let the horse win if they pull back or away.**

Rotate leg clockwise. Watch the scapula movement up on the withers. **Remember to use your legs. No matter what, let the horse win if they pull back or away.**

Pull front leg back. It stimulates "Running". Hold for ten to twelve seconds.

5. Hind Legs

Rear Fetlocks. There is a suspensory ligament that supports the hoof. So extend the leg down and let the hoof drop and Support Sesamoid bones and bringing the hoof through a full range of motion.

Extend leg back and let it relax. **Remember to use your legs. No matter what, let the horse win if they pull back or away.**

Pull the leg forward. Stretching the hind side of the horse back leg. **Remember to use your legs. No matter what, let the horse win if they pull back or away.**

5. Tail Pull

Only twice a month

7. Belly Scratches

Belly scratches will arch the back up. Please be careful for kicking legs. Some horses are irritated by this stretch/scratch but helpful in keeping a supple topline.