



Foreleg Stretch

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This stretch should only be done if your horse has no leg pathologies and your horse is comfortable with the moves.

Protraction stretch

Lift the foreleg up and pull it forward, as shown. Please protect your back by resting your arm on your leg, and do not do this stretch if your back is being strained by the weight of the horse's leg. Support the horse's knee with your arm, but be careful not to pull on the knee. Cup the fetlock and bring the hoof forward. The knee should be at a 90° angle from the horse's shoulder, and the hoof should be pulled out as much as the horse will allow.



Retraction stretch

Pick the foot up as if you were going to pick it out. Once you have it up, support the weight of the foot with the outside hand and place your inside hand on the horse's knee. Keep the angle of the knee as open as possible to allow for little to no strain on the knee. Now shift your weight towards the horse's haunches and take the leg with you as you do this.



As you do this stretch, watch that the leg remains in line with the shoulder - do not pull the leg medially or laterally as this may strain the shoulder joint.

Listen to your horse - if the stretch is too much, back off with the range of motion.

Stretching to the point of pain will not be to your advantage.

Start by holding this stretch for 3-5 seconds and slowly build to 10-15 seconds. A more advanced stretch could be held for 25-30 seconds. Again, listen to your horse when performing any stretch.

**** 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.****