

## Inhand Equine Therapy



# Tail Pull

### Tail Pull

This stretch must only be done on a very safe horse that tolerates being worked with from behind.

Stand behind your horse and grasp the tail with one hand right at the base of the tail where it attaches to the body. Place your other hand about halfway down the dock. Gently rock your weight back to put some traction on the tail. This must be done very gradually, and pay close attention to your horse at all times to evaluate their level of comfort. The horse will often lean away from you, which will determine the weight of this stretch, as their lean should be matched by you. Be sure to keep the tail in line with the horses spine at all times.

Hold times for this stretch start at 5 seconds and can build to 20 seconds after the horse becomes more familiar with the exercise.

Please perform 3 repetitions of this traction exercise.



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