



Tummy Tucks

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Creating a full range of motion in your horses back is very important. Like sit ups and core exercises for us tummy tucks target your horses back, abdominals, and Paraspinal muscles.

To do your tucks you need to evaluate where your horses back is the lowest. This is where we are going to put our attention for the lift. If your horses back is lowest in upper back we are going to place our fingers under sternum, of the mid back is lowest then finger placement will be further back to tummy area. Once you have decided on finger placement you are going to take braced fingers on midline of the horse and tickle. Some horses hardly need any pressure and some horses need a firm encouraging stroke. Make sure you watch the horses back; often clients miss the back lifting.

Some horses don't have a lot of range of motion especially if there back is dropped or sore. Also remember how much you hate sit ups well a lot of horses hate them too. Be aware of your horses' hind leg or mouth telling you his/her opinion on tummy tucks. Start with 3-5 reps on each side of the horse. You can build to 10-12 reps on both sides. Hold each rep for 5-8 seconds. We always do both sides of the horse as they usually have a slight bend away from the side the person is on.



**** 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.****