



Wither Rock

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- Have horse standing in a firm flat surface and as square as possible. These are both for safety and for the exercise to be as effective as possible.
- Reach up with both hands and rest your fingers over the wither, your body will be facing the horses shoulder. Bring the horse toward you by pulling the wither to your side.
- Watch the fetlock on the same side you are on. We want to see that the fetlock on your same side gains the horses weight and drops down. You need to pull the horse enough so that you see this shift in the fetlock. Once you have achieved this shift, you can release wither and allow horse to bounce back to its normal stance. Do 20-30 of these if horse permits you.
- Allowing the horse to bounce back to its neural posture each time is a must.
- If your horse is asymmetrical. Your body worker will want you to focus your efforts on the side with less mobility.
- You will be able to note a difference in the ease of wither pull as you do both sides. If there is a difference

noted work on the side that is harder to pull, with more repetitions than the easy side.

- The amount you choose to do should be decided in conversation with your body worker to ensure we don't do too much and make the horse sore.

On each of these mobility type movements you can do them before and after work;

- Before work, we will do them in a rocking fashion with the quick activation and release. This will resemble a rocking motion to stimulate the soft tissues.
- After work, they can be turned into more of a stretch type movement where you do the move and hold, while in a comfortable range of motion for the horse.
- Hold times will be 3-5 seconds for beginners and working up to the 30 second mark for more advanced horses. When stretching do a least 2 repetitions and if horse allows more can be used in areas of stiffness.
- The above number of repetitions will be reduced if you are increasing the more advanced hold times.



****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.****