

Equine Naturopathy & Muscle Therapies

Partnering with you in a holistic approach to health, wellbeing and performance – enabling your horse to become the best it can be – naturally!



Exercises – core and hind strengthening

Before you approach your horse, it is beneficial for you to come into a quiet mind – slow yourself down and empty your head of anything that is not relevant to your horse. Circular breathing, or breathing using your diaphragm can be helpful. Leave your mobile phone, etc behind – you need to ‘be with’ your horse, not distracted by other stuff.

When you link with your horse, spend a few minutes just ‘being with’ him/her to bring the energy and any stress levels down and to re-establish a connection.

Before beginning the exercise routine below, you’ll need to spend 5-10 minutes warming-up. Nothing fancy, just a walk around on a loose lead. All of the exercises are intended to be done as ground-work initially, but many can also be done under saddle once improvements have developed.

- Shoulder-In (one direction) for about 20m
- Walk uphill
- Back downhill with head low (take it slow and steady – this is difficult for a horse and is better done correctly than done fast)
- Repeat uphill/downhill 3 times
- Back uphill with head low (again, take it slow and steady)
- Walk downhill
- Repeat uphill/downhill 3 times
- Walk on the side of a slope in both directions (eg: around the side of a dam bank)
- Shoulder-In (other direction) for about 20m
- Figure-8’s a few times (take note that the inside hind steps under the body and in front of the other hind as you turn each bend)
- Walk poles a few times
- *Psoas stretch (this requires demonstration, training and a helper of similar strength)
- Pelvic Tilt (scratch in the grooves either side the dock of the tail to get the horse to tuck its hind end under)
- Tail Pull – both sides about 5 times (take note of the muscles engaging and releasing around the flank area)
- Tail Pull – direct towards ground (you should notice a slight rock-back on the hind heels)
- Abdominal Lift (scratch firmly in the soft spot at the base of the sternum and notice a slight ‘lift’ of the back)
- *Hyoid Release (this also requires demonstration and training)
- Celery/carrot stretches: neck extension – up and forward; nose between front legs; nose to side of each leg; lateral flexion both ways ensuring ears remain parallel to ground as neck bends
- Walk out straight to cool down
- Repeat this routine 3 times a week