**Limb stretching and mobilizing exercises**

Before performing any of the stretches below please read the information sheet attached.

**20. Forelimb Protraction stretch**



Lift forelimb at fetlock of limb you would like to stretch/mobilise and gently ease limb forwards (see picture). This mostly stretches the muscles of the shoulder and scapular regions.

**21. Forelimb Retraction stretch**

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Lift forelimb at fetlock of limb you would like to stretch/mobilise and gently ease limb backwards (see picture). This mostly stretches the muscles of the shoulder, lower cervical spine and scapular regions.

**22. Hindlimb Protraction stretch**

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Lift hindlimb at fetlock of limb you would like to stretch/mobilise and gently ease limb forwards (see picture). This mostly stretches the Hamstring muscles of the hindlimb.

**23. Hindlimb Retraction Stretch**

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Lift hindlimb at fetlock of limb you would like to stretch/mobilise and gently ease limb backwards, ensure you remain to the side of the horse (see picture). This mostly stretches the hip flexor muscle groups of the hindlimb.

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