**Points to remember when performing baited mobilizing and stretching exercises with horses**

* When performing any baited exercises ideally use a long carrot and wear gloves to help protect your hands.
* Position your horse balanced and fairly square and initially against a wall to encourage cervical movement rather than swinging out of their haunches.
* Initially aim for a small range of movement and gradually increase it as your horse improves.
* Try to hold any neck stretches for approx. 15 seconds per stretch and repeat at least 3-5 times up to 3 times a day, depending on each individual horse’s needs. Allow a few seconds between each attempt.
* For any strengthening, stability exercises, ideally hold for a few seconds and repeat upto 5-10 times, daily.
* You can place your free hand onto the horse’s head or neck to help them achieve and sustain the desired position.
* Ideally perform the exercises when your horse is warm after exercise.
* Allow the horse to control the movement, never force them into a position with manual pressure.
* Please note although the following exercises are aimed at the cervical spine, a degree of thoracic and lumbar movement will also occur.
* As the horse is performing the movements with their own muscles, all of the exercises provide a mobilising and strengthening effect. The horses will therefore also be stretching specific muscle groups dynamically rather than having a passive stretch applied to them.

**Please note:**

* These exercises should only be carried out if prescribed by a Chartered Veterinary Physiotherapist following a full assessment as some stretches may aggravate certain pre-existing conditions.

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