**Thoracic mobilizing and core strengthening exercises**

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

**9. Upper Thoracic rounding 10. Mid and Lower Thoracic rounding**

 

Aim to maintain a straight head position with no tilt. Entice chin in between elbows or to chest which will help flex the thoracic spine at the withers.

Aim to maintain a straight neck with no tilt. Entice nose between forelimb fetlocks and beyond. Once the neck is fully flexed, thoracic flexion will occur, mobilizing this region and also stimulating abdominal/core activation.

**11. Thoracic lateral bending exercise 12. Thoracic rounding exercise**

 

Run fingers along mid-point of sternum with an equal but firm pressure to encourage thoracic flexion and core activation. **Please Take care as some horses can kick forwards with this**.

Entice nose around towards hindlimb fetlock. This will laterally flex the thorax mobilizing this region and stimulate abdominal/core activation.

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