

Little Green Stables - Equine Stretch Sheet for Owners

1

Pick the foot up as if to pick out, gently hold the fetlock joint & bring the leg out in front of your horse. Stretch long and low as far as your horse is comfortable. Hold the stretch for 30 seconds.



2

Supporting the knee & fetlock with your hands bring the limb back as far as your horse is comfortable. Hold the stretch for 30 seconds.



3

Pick up the foot as if to pick out & cup your hands around the fetlock joint. Gently bring the limb forwards, under your horse's body until you reach a comfortable stretch point. Keep the foot low to the ground & hold for 30 seconds.



4

Bring the hind limb backwards, out behind your horse. Support the fetlock with one hand & the other on the hock to encourage stretch. Keep the foot low to the ground. Hold for 30 seconds.



5

Ask your horse to stretch around your body, parallel with the girth & bring the stretch closer to the girth each time. Ask your horse to stretch around your body, parallel to the flanks & bring the stretch closer to the flanks each time. Use Food Reward (Carrot).



6

Initially ask your horse to take a food reward from between the front limbs, near the ground and slowly take the reward further & further back each day.



Little Green Stables - Equine Stretch Sheet for Owners

Stretches can do a tremendous amount to help maintain flexibility between massages and freedom of movement when ridden.



We advise “passive stretches” by the handler, mobilising the horse’s limbs within a comfortable range of movement and enabling the limb, back and hindquarter muscles to lengthen and relax. The forelimb stretches work on the shoulder, early back and lower neck muscles.



The “carrot stretches” are to encourage the neck & back muscles to each side and over the top of the horse’s body.



Using these carrot & limb stretches once or twice a day for two weeks will show a noticeable difference in flexibility, stride length & ability to perform in most horses.

