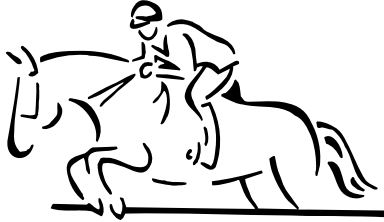


EQUINE REHAB AND THERAPY

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Advanced Suppling exercises

Adapted from *Gymnastic Exercises for Horses the Classical way*, Eleanor Russell

For the more advanced horses there are a series of exercises that loosen and supple the shoulders, back and hips. These assume that the horse already knows how to do shoulder in's, hindquarters in and trot pirouettes.

The Riders Responsibility to the Horse

In any exercise that is meant to be therapeutic, it is *IMPERATIVE* that it be done in a way that allows the horse to relax and release its musculature. While this seems self evident, riding in a way that causes tension and stress in the horse is the most common reason these exercises are less than effective. (not to mention it is also the main underlying cause of many musculo-skeletal problems) It also goes without saying that allowing the horse this space is the responsibility of the rider.

Shoulder/Back Suppling

- 1) Start with your normal warm-up
- 2) At a trot, ride three 6m circles as a serpentine. Each circle has to be ridden one and half times before changing directions.
- 3) Ride a 20m circle with a long rein, spiraling in and out, evenly flexed. Ride a sitting trot for the small circles (6m) pushing the horse out with the inside leg into a rising trot by the 20m circle. (Both directions)
- 4) On the 20m circle, ride half at a working trot and half at a collected, shoulder in trot. (Both directions)
- 5) Downward transition to a walk, continue the circle, half at a shoulder in walk and half at a hindquarters in walk, both directions.
- 6) For the advanced horse, Renvers (half pass ridden with the hindquarters on the track) is a very good back suppling exercise

Hindquarters suppling and flexing

Pirouettes – These encourage a horse to bend his hind legs (hock flexion) and so to 'sit down' a little and start to carry himself on his hindquarters, they are also good for suppling the shoulders

- 1) Warm up the horse normally
- 2) Start at walk with large half pirouettes, 2-3 meters
- 3) Work to collected trot – down long side and a large (4-5 m) half pirouette to the right
- 4) Continue down the long side, trot forward and do a similarly large half pirouette to the left