



Equine Stretches

Dr. Bethany Bowman

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Stretching is an excellent tool to help supple and relax your horse. It is also a great way to determine muscle balance and pain levels from region to region. You can discover through massage which regions are tight and painful and which regions are loose and comfortable. If you find a painful region correspond the region to the specific muscle stretch to determine which stretches may be beneficial for your horse. Stretching is best done after a workout when muscles are warm and loose. If the horse reacts stretches should be done more often. If the horse reacts strongly please refer to a professional.

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