

## BAITED STRETCHES



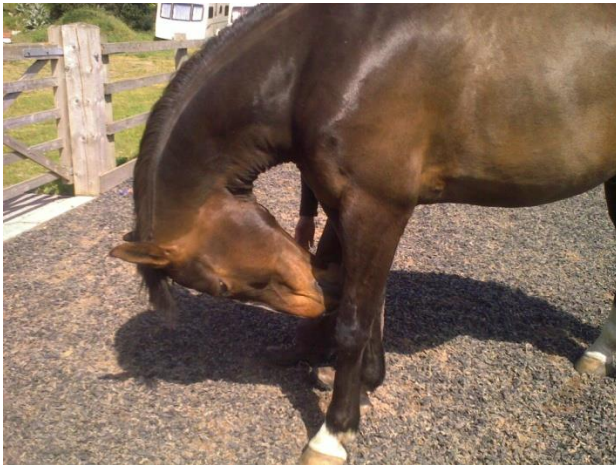
Stretch 1

Forward and keep other hand on chest to stop horse from stepping forward



Stretch 2

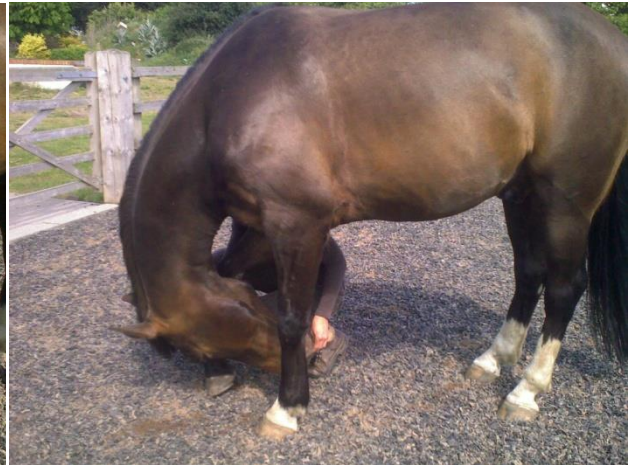
Towards chest and try to keep ears level as bending neck



Stretch 3

Behind knees and try to keep ears level as bending neck

Use hand to hold carrot closest to head and swop hands as horse bends towards knees to enable horse to reach between knees for carrot



Stretch 4

Behind fetlocks and try to keep ears level as bending neck

Use hand to hold carrot closest to head and swop hands as horse bends towards fetlocks to enable horse to reach between knees for carrot

## BAITED STRETCHES



### Stretch 5

To the side towards mid stomach with other hand on poll to encourage stretch through neck



### Stretch 6

To the side towards flank with other hand on poll to encourage stretch through neck



### Stretch 7

To the side towards fetlock whilst resting your hand that is nearest to the horse, on his buttocks if the horse keeps moving away whilst reaching for the carrot.

The postural muscles will engage more if the horse lifts his hind limb up and stand on 3 legs whilst reaching for the carrot (as in picture)

The stretches should be done daily preferably after exercises. Each stretch should be done 3 times and the stretches to the side should be done to the left and right side