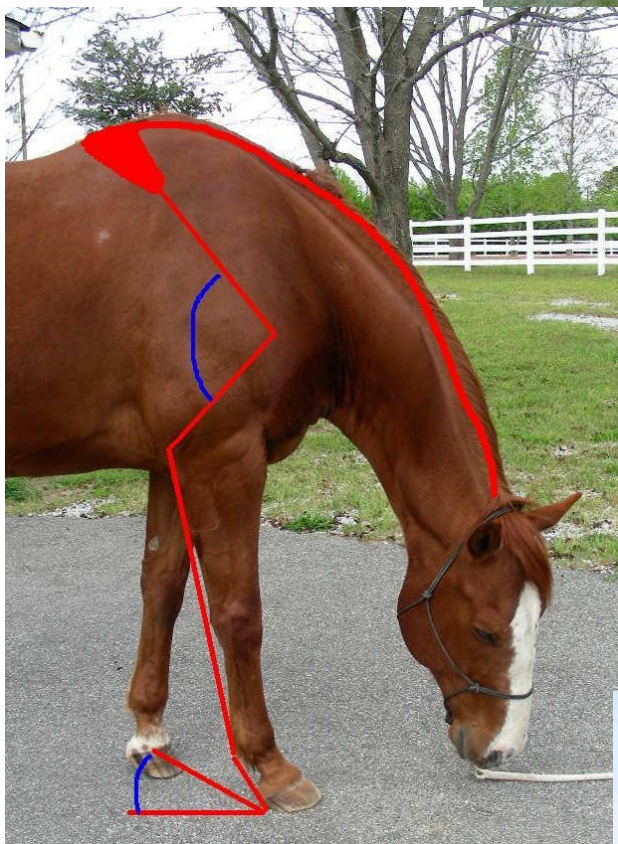




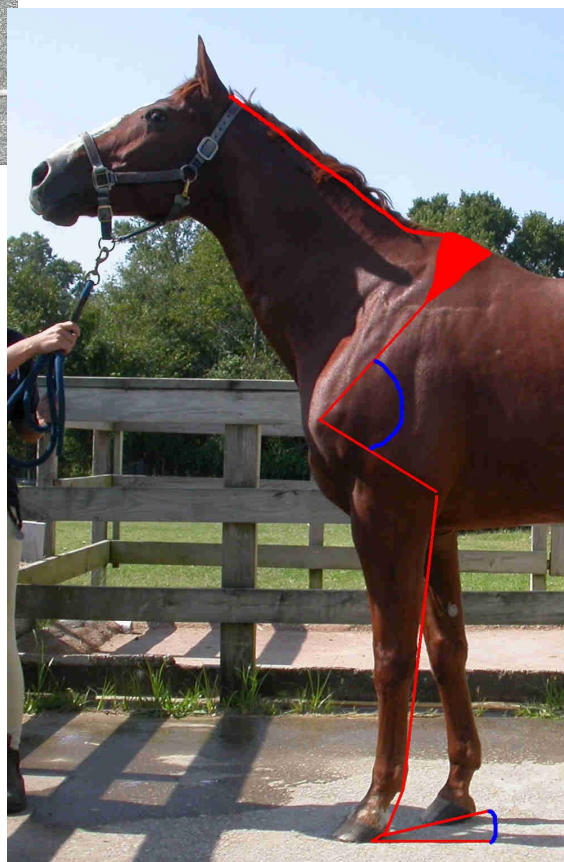
## Body Posture

Most of the day is spent in nature in the grazing position, therefore head-low, with the center of gravity forward and the forehead bearing most of the weight.



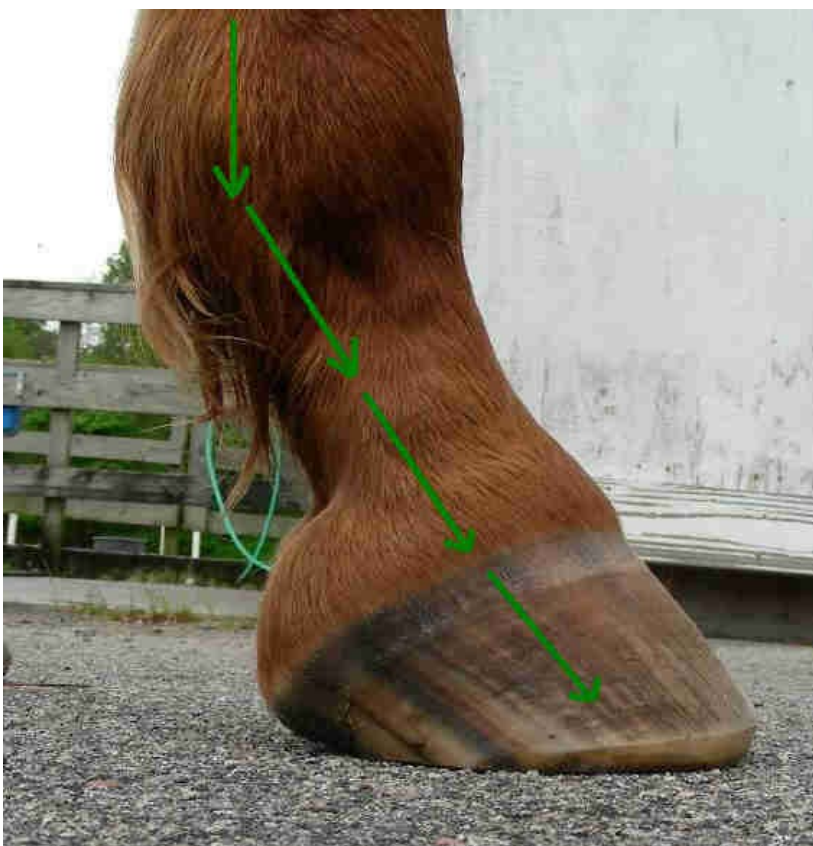
A horse who lives with the head down has more weight on the toe, and the toe wall is thicker. Shoulder-forearm and heel to ground angle is larger than in a horse who has the head up. Horses in natural living conditions are in this position most of the time while grazing.

A horse who lives a lot with his head up, like in stalls, has more weight on the heel, and this creates not only underslung heels, but also other problems such as sore backs and hips.





Forces acting on the hoof with the head up



Forces acting on a hoof when the horse has the head down





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When riding it is also important to ride the horse in a natural body position



All pictures HoofCareUnLtd.  
Rider: Caileigh Stangroom, Hilton Head Island, SC