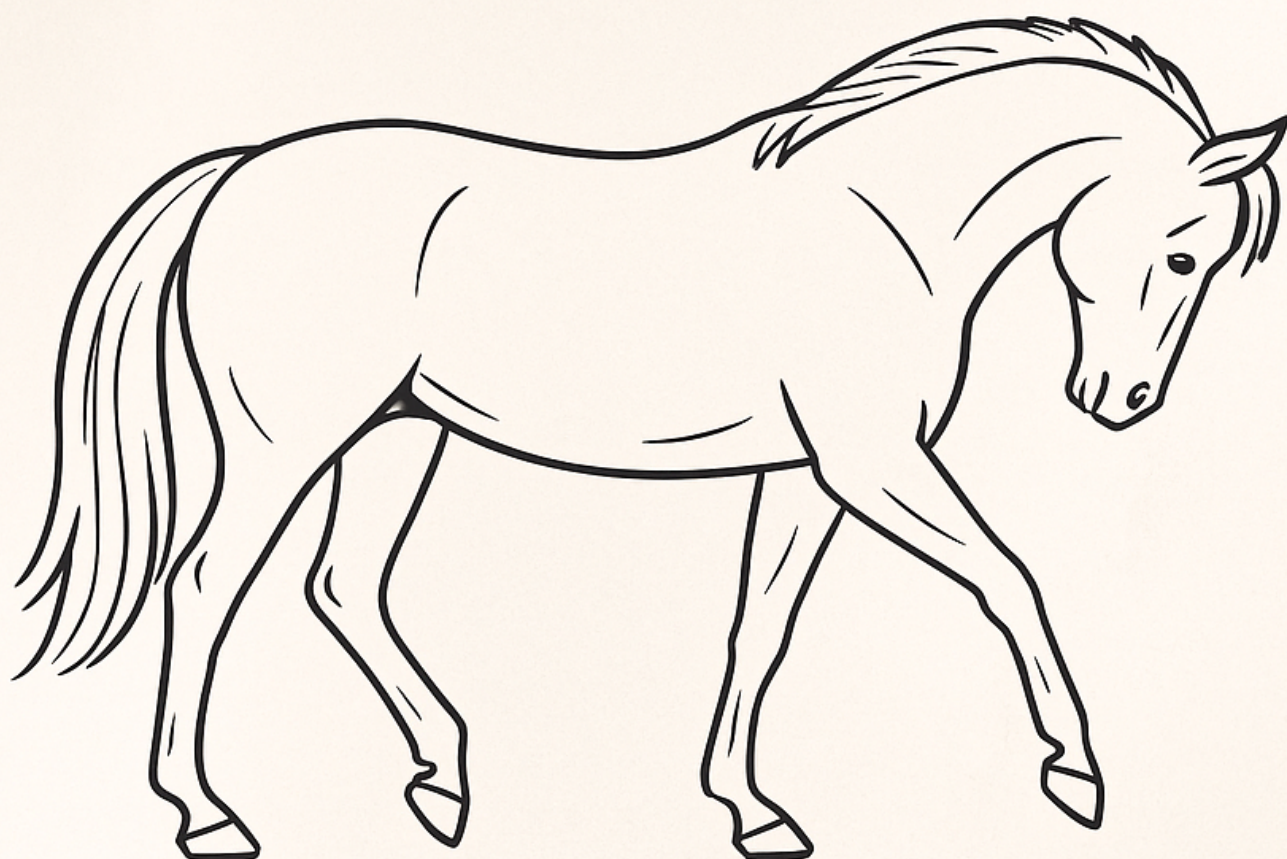


TALKING HORSE EQUINE BODYWORK

STIFLES & HIND END

STRENGTHENING & STRETCHING GUIDE



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When to Use This Guide

This guide is ideal for horses who:

- Have weak or unstable stifles
- Show signs of hind end tension or muscle asymmetry
- Are recovering from stifle-related injuries (with vet clearance)
- Display uneven muscle development or toe dragging

Use 1-2x per week alongside your regular bodywork or groundwork program.

Red Flags - When to Pause and Consult a Vet

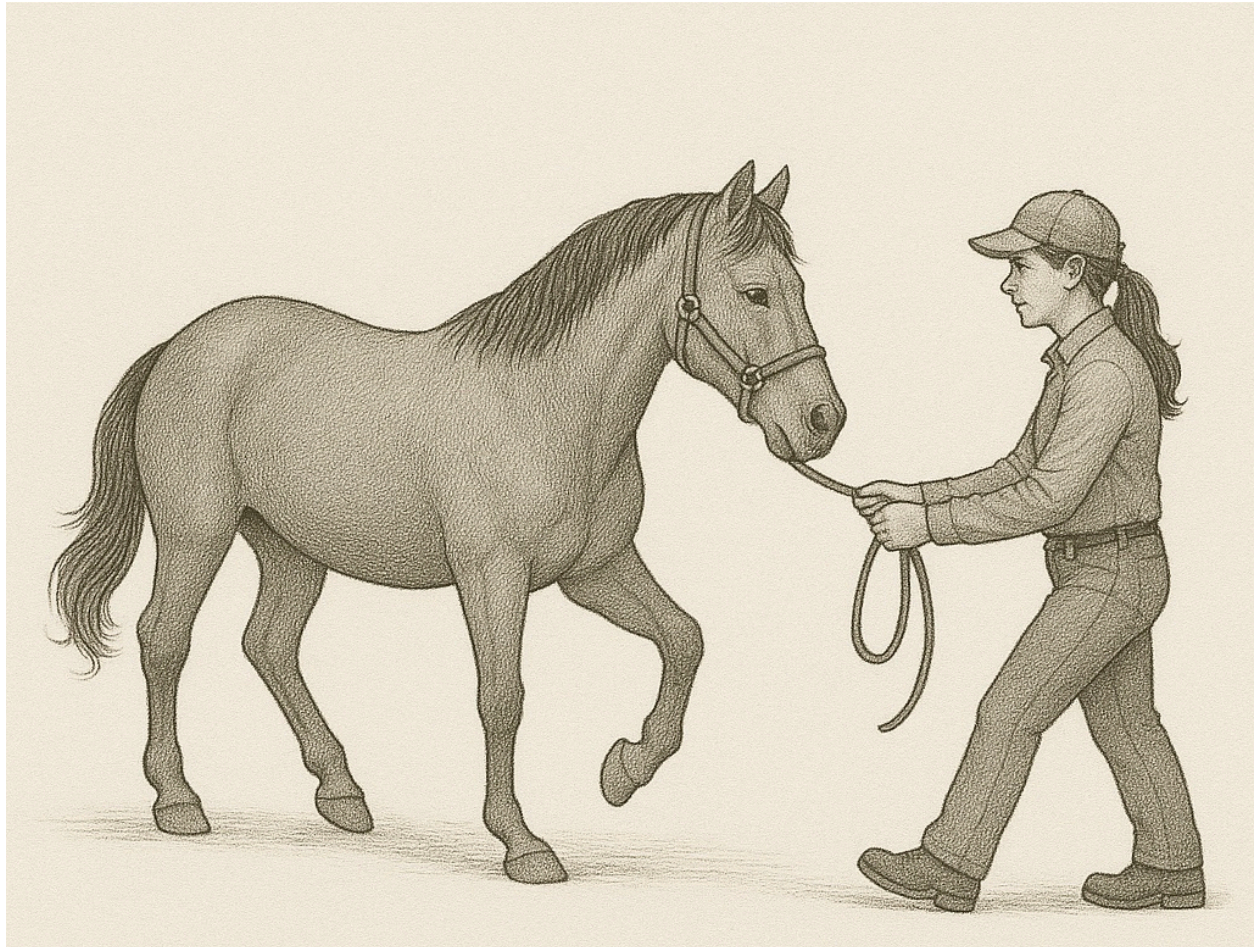
- Heat, swelling, or acute lameness in the stifle or hock
- Pain reactions during gentle stretching
- Difficulty bearing weight on one hind leg
- Sudden or worsening ataxia or limb collapse

1. Backing Up Slowly (Strengthening)

Lead horse backwards in a straight line, 8-10 steps at a time.

Encourage deliberate, even steps using a pole or light cue.

Benefits: Engages glutes, hamstrings, and stifle stabilizers.

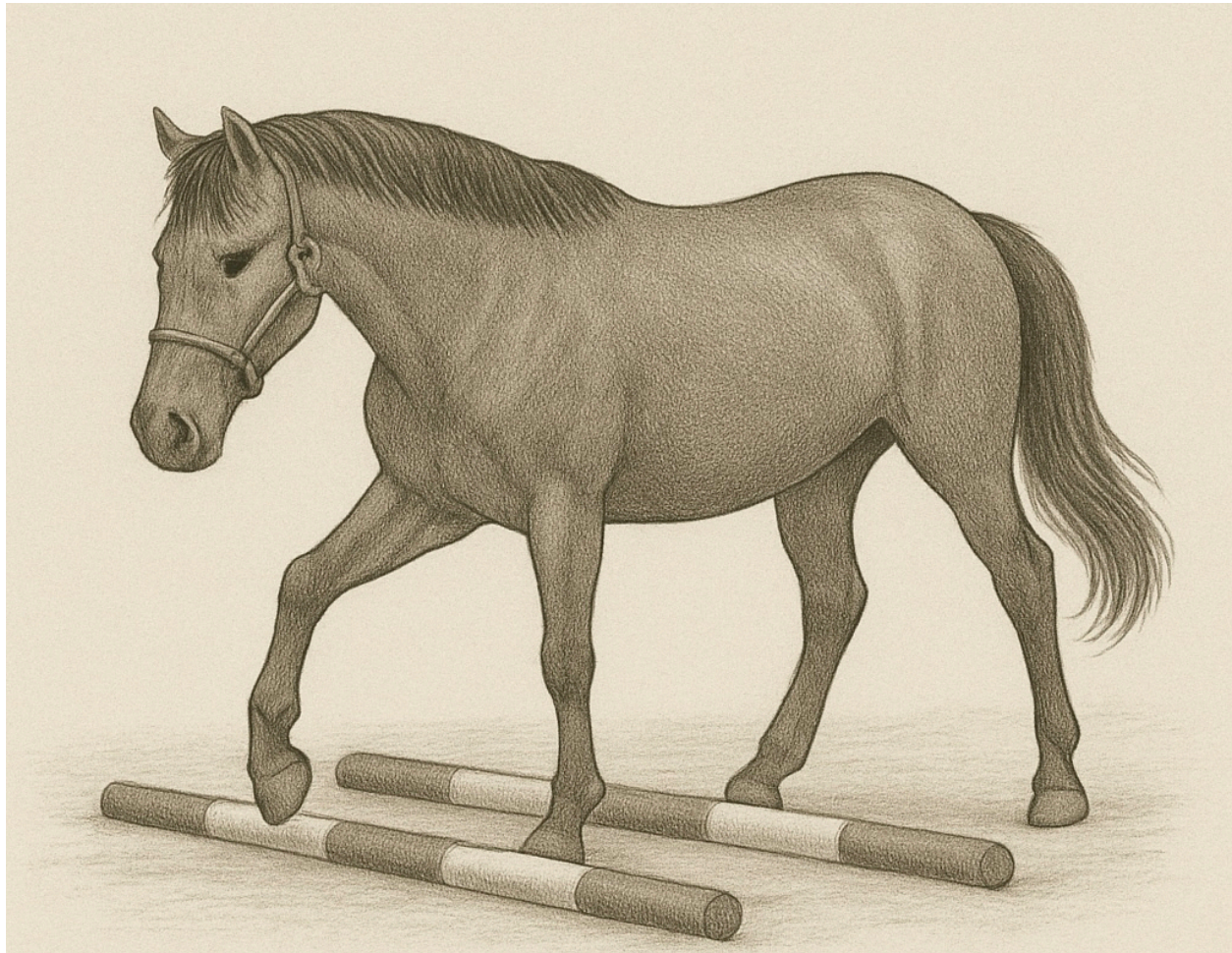


2. Cavaletti Walk-Overs (Strengthening)

Set ground poles 18-24" apart at the walk.

Start with 4-6 poles, optionally raise them.

Benefits: Improves proprioception, joint flexion, and hip control.

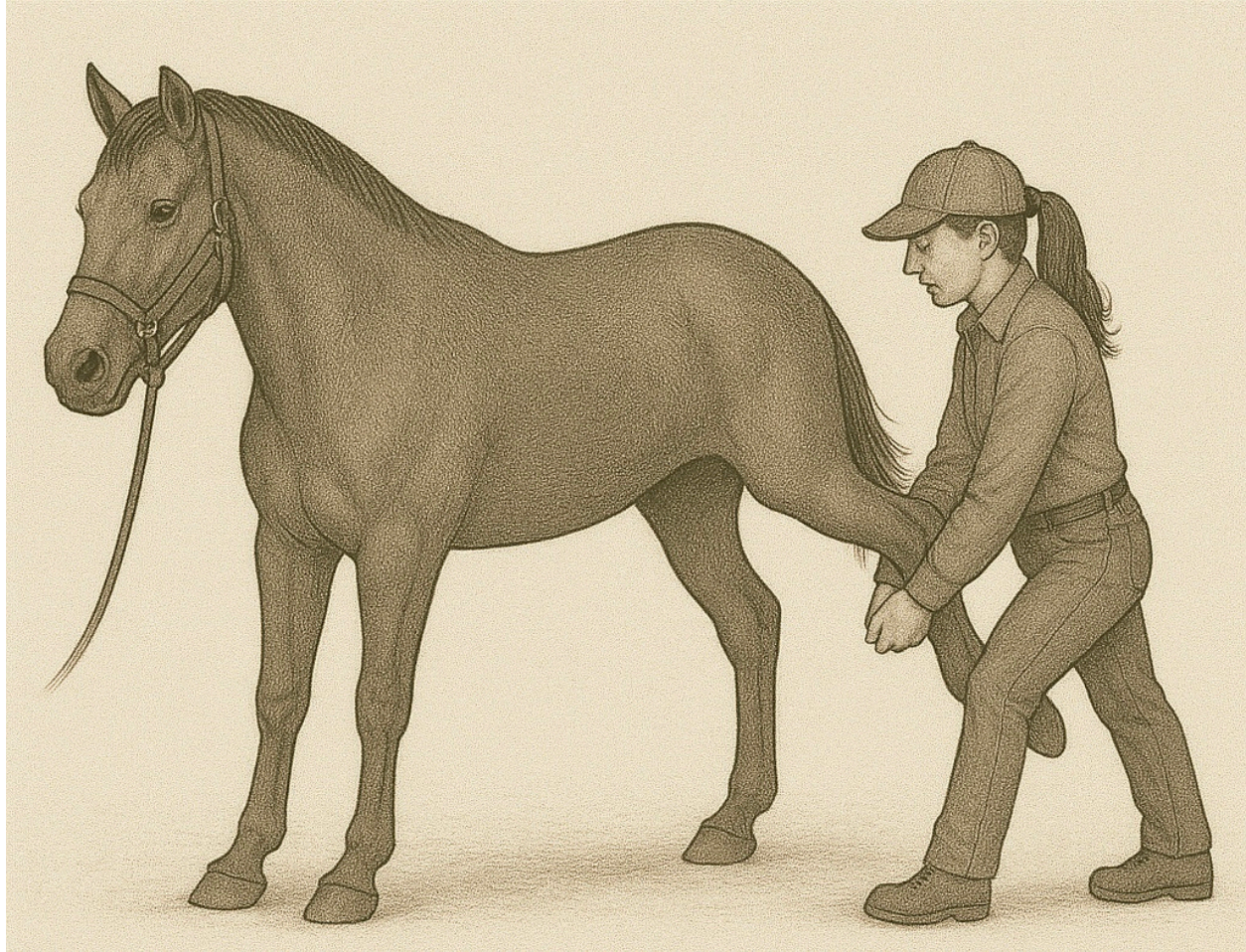


3. Hind Leg Stretch (ROM)

Gently grasp lower leg, lift and move limb slightly backward.

Hold 5-7 seconds, then release. Repeat 2-3x per side.

Benefits: Improves hip and stifle mobility, reduces tension.

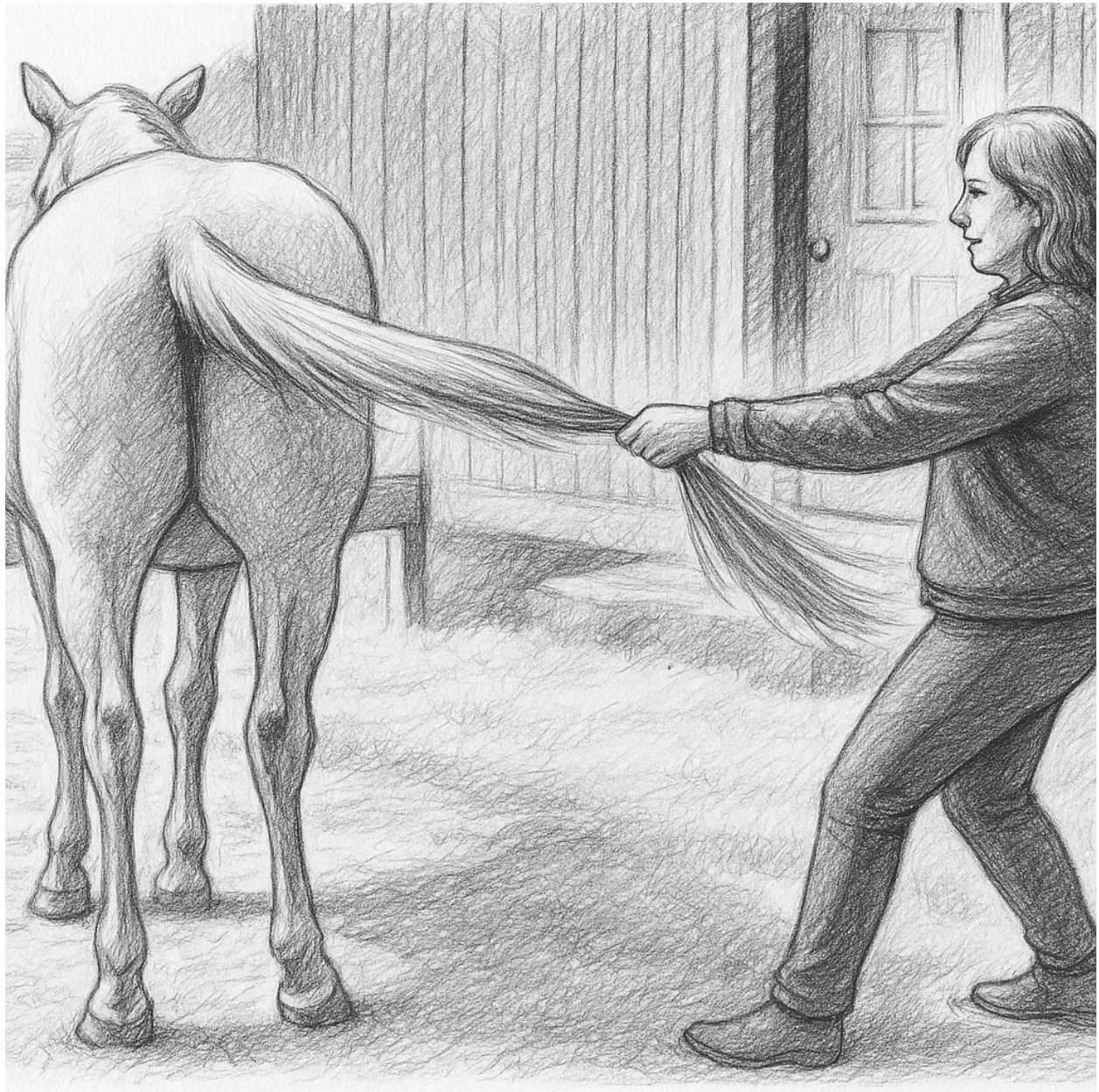


4. Side-Tail Pulls (Isometric Strengthening)

Stand at horse's hip, gently pull tail laterally.

Hold 10-15 seconds, allow horse to stabilize.

Alternate sides. Benefits: Engages core and stifle stabilizers.

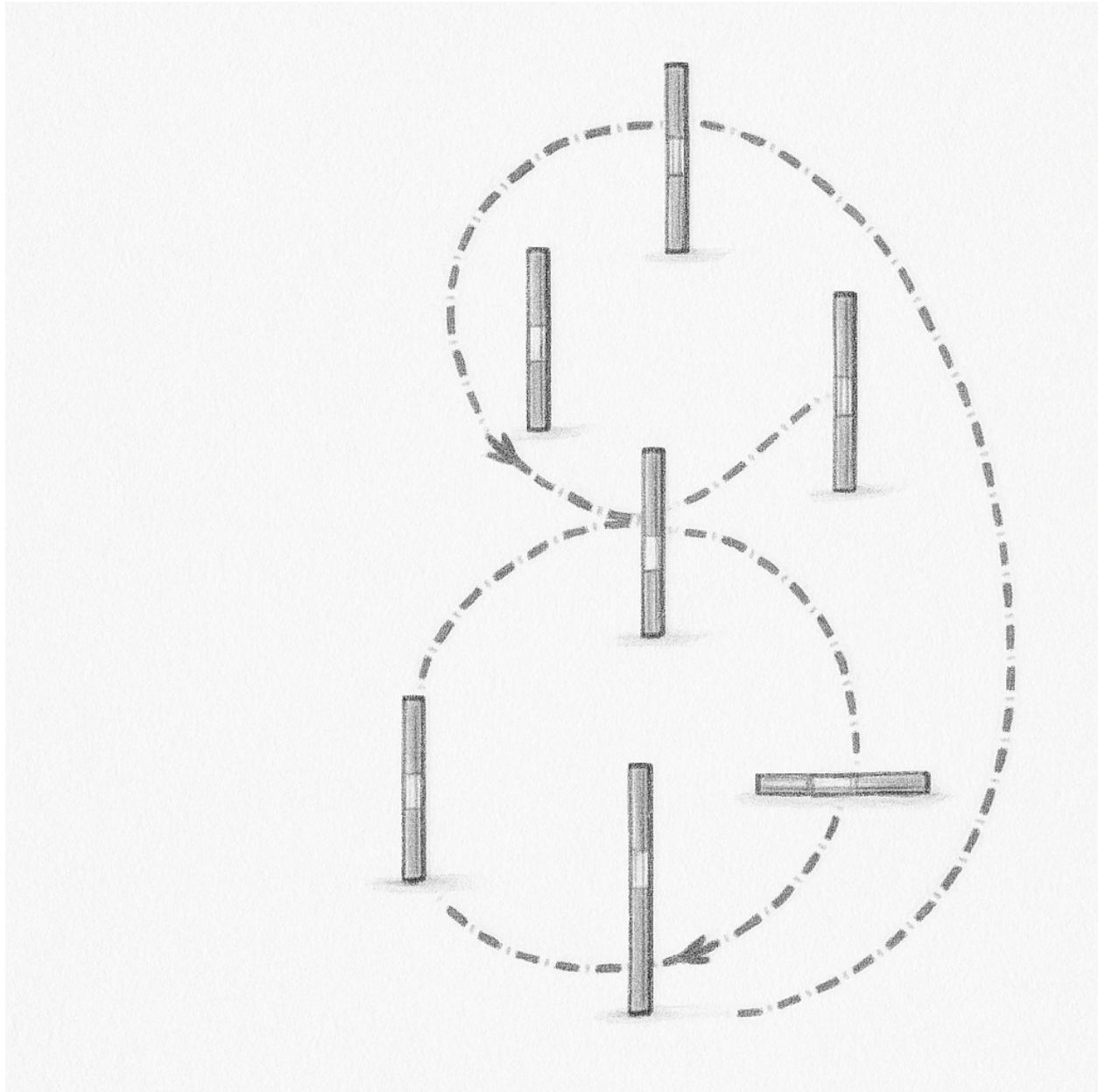


5. Figure-8 Groundwork (Dynamic Strengthening)

Lunge in small figure-8 patterns at walk/trot.

Encourage inside hind engagement.

Benefits: Promotes even limb loading and stifle coordination



Tips for Success

- Walk your horse 5-10 minutes before any stretching
- Stretch after movement, not before
- Keep stretches slow, brief, and positive
- Avoid using treats unless horse is calm and respectful
- Track response and progress weekly

Progress & Tracking Notes

Use this page to record your horse's responses to each stretch or exercise over time.

Track any improvements in flexibility, comfort, or behavior. Include dates and notes for easy reference.

Date	Exercise/Stretch	Reaction/Notes
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