

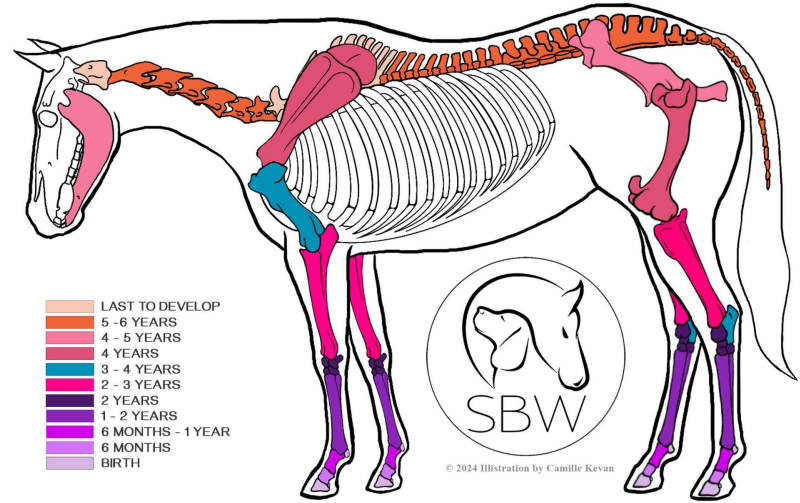
SBW ANATOMY PRINTABLES

EQUINE SKELETAL DEVELOPMENT

Learning how the equine skeletal system develops can keep their bones and joints healthier-longer.

This chart very colorfully helps depict that and can be a great resource for any anatomy learner!

EQUINE SKELETAL MATURITY TIMELINE



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MUSCULAR ANATOMY + WORKSHEETS

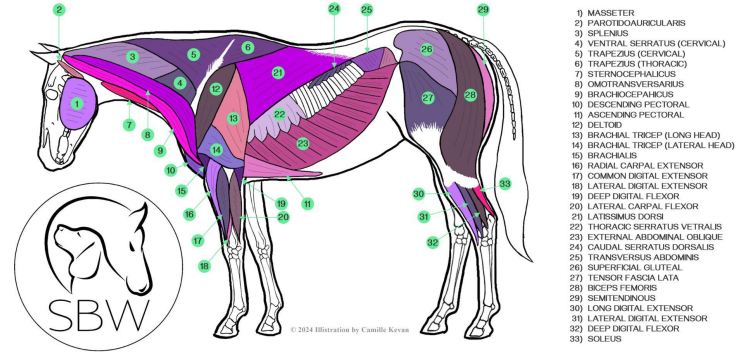
Learn the superficial and middle layer
muscular anatomy of horses!

These beautiful images help you
identify the surface muscles we come
in contact with regularly.

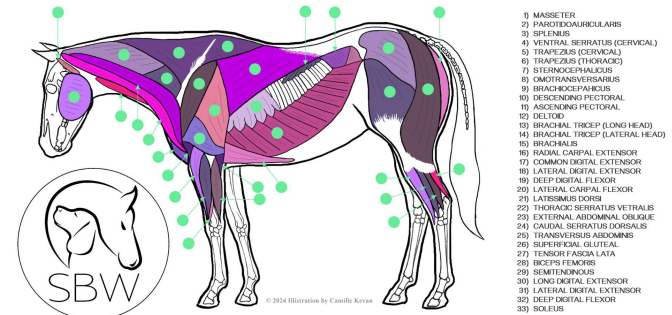
Learn how things like tack impact the
muscles that live directly underneath
them.

Use the worksheet to quiz your
knowledge!

EQUINE SUPERFICIAL & MIDDLE LAYER MUSCLE ANATOMY



EQUINE SUPERFICIAL & MIDDLE LAYER MUSCLE ANATOMY



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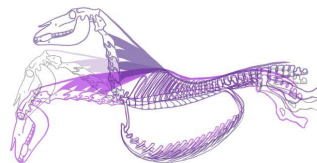
EQUINE POSTURE POSTER

Horses skeletal systems have a wide range of motion-but learning how each range supports a healthy musculoskeletal balance is important.

SBWs Equine Posture Poster breaks down each range and explains just that!

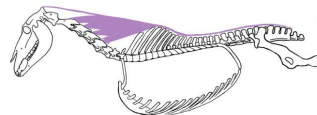
EQUINE POSTURE

©2024 Illustration by Camille Kevan



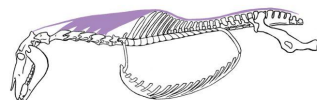
Range of Motion

Refers to the degree of movement, encompassing the flexibility, extension and flexion of the cervical, thoracic, and lumbar regions. A good range of motion allows a horse to achieve various postures, such as collection, extension, and lateral bending, all of which contribute to balance, stride length, and agility.



Neutral

Refers to the relaxed alignment of the spine and body where there is no excessive bending or rounding of the neck, back, or hindquarters. The head and neck are aligned with a slightly elevated position, and a relaxed spine. The back is neither arched nor hollowed. The muscles are relaxed without any tension or forced engagement. This posture is often seen when a horse is at rest and essential for comfort, as it allows for even weight distribution and reduces stress on the joints and muscles.



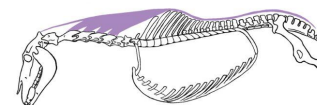
Cervical Flexion

Refers to the movement where the horse's neck bends downward or forward bringing its head closer to the chest or front limbs. This movement helps the horse balance better, become more flexible, and improve posture.



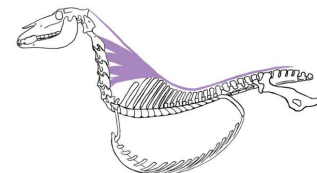
Thoracolumbar Flexion

Refers to the rounding or arching of the back through the thoracic and lumbar regions of the spine. This movement involves engaging the horse's core and back muscles to lift and round the spine which helps distribute weight more evenly, improves balance, and engages the hindquarters.



Cervical & Thoracolumbar Flexion

Refers to two types of spinal bending occurring at the same time. The downward and forward movement of the neck, and the rounding of the back engaging the horse's core to lift and round the spine. Together, these flexions help a horse move more fluidly, stay balanced, and carry weight more comfortably.



Cervical & Thoracolumbar Extension

Refers to two types of spinal elongation. Cervical extension, when the horse stretches its neck outward and upward, and thoracolumbar extension, when the horse hollows and extends its back in the thoracic and lumbar regions. Together, this allows the horse to reach forward more fully with its head, neck, and limbs. This posture is common in movements that require a longer, more extended frame, and stride length.