

Neck: Lateral Flexion

- Stand to the side of the horse, at or behind the girth region.
- Keep the horse's head straight, by watching his forehead, poll, and nose.
- Watch that the horse is not tilting his nose to the side and twisting his poll to reach for the carrot.
- It is helpful to keep the carrot aligned with the outside of the horse's muzzle (the side opposite to you) to prevent the head from tilting.
- Go slowly so that you can make tiny adjustments as necessary to help keep the head and neck straight
- Encourage the horse to follow a carrot or other treat SLOWLY in the each direction, alternating sides.
- Notice how the target height for where the horse points his nose changes with the different exercises. Start slowly with Nose to Shoulder. Depending upon your horse's age and level of fitness, it may take a few weeks to progress to Nose to Girth. Note that the goal is not to reach the target region, so much as it is to help you clearly direct the horse's movement.



Nose to Shoulder Starting to learn Nose to Shoulder. Notice how we go only as far as the horse can comfortably keep his head straight. This horse is just on the verge of starting to tilt his head too much.



Teaching the horse to keep his head straight. Standing on the outside of the bend in the neck, keeping the carrot aligned with the outside nostril. This prevents the horse from tilting his nose and reaching too far for the carrot.



Nose to Girth and **Nose toward Hindlimb** both begin here, with the neck long and low. Notice how the horse moves his neck away from his trunk by elongating the muscles on the outside of the neck. The horse should *not* be folding his neck on a sharp angle during this exercise.