

Pelvic Flexion & Extension

If you have ever done yoga, this exercise is reminiscent of the "cat stretch", except that the movement originates in the lumbosacral joint, and the exercise focuses upon the pelvis as well as the lower back. You will see the lower back raise and curve upwards during flexion, and then flatten downwards during extension.

- Stand to the side of the horse.
- Never stand directly behind the horse while doing this exercise.
- Alternate between flexion and extension when doing the exercises.
- Always finish a set of repetitions of this exercise with flexion.

Pelvic Flexion

Anchor your thumbs on each side and slightly below the dock of the horse's tail. Use your thumb to gently, firmly, create pressure across the hindquarters as you move it outwards towards the horse's hip, and back inwards to your starting point. You will be working across the hamstrings and the gluteal muscles. Each horse has a slightly different "sweet spot" upon which pressure will cause him to flex his pelvis and raise his back. The muscles he uses will differ slightly in accordance with the point of stimulation. The horse's response should be a gradual, comfortable stretch, *not* a rapid, flinching response. Over time, as the horse learns this exercise, you will find that you need less and less pressure to cue him.



Pelvic Flexion The horse starts to tilt his pelvis forward, raising his lower back

Pelvic Extension

After the horse has flexed its pelvis and raised its back, reach both hands gently upwards, on either side of the sacral / coccygeal region. Press your fingers gently into the muscles and draw them towards and away from you in a vertical line. You are pressuring muscle, not moving hair or skin. The horse should respond by flattening his back and pelvis.



Starting Pelvic Extension Notice how the horse is flattening his hindquarters.