

Shoulder Stretches

These are basic exercises that move the shoulder and upper forelimb forwards and backwards, on a single plane of motion. There are many variations that build upon these exercises. They are shown here in their simplest form.

- You do not want to pull the leg outward or sideways at anytime when doing these exercises.
- Keep the horse's leg close to the midline of his body.
- Stand to the side of the horse and always know where your toes are in relation to his foot.



These exercises work the **Scapula** (shoulder blade) in both directions. Notice how the knees is bent throughout the exercise.