

Tail Traction

*In contrast to the other exercises that address mobility and strength, this exercise is a stretching and elongation exercise. As such, it is only done once. It is not recommended to do repeated sets of this exercise on the same day. It is an excellent exercise with which to end a routine.

- Always stand to the side of the horse.
- Keep the horse's tail in line with its body.
- Do not raise or lower the tail excessively
- Keep a soft grip with your hands, do not squeeze the tail. You want the horse to feel his entire spine lengthening as you do this exercise with him. You do not want his attention on the grip of your hands.
- Gently lean backwards, waiting until the horse leans slightly forward, in the opposite direction from your traction. You are inviting the horse to lean against the gentle traction that you are place upon its tail.
- You are not pulling hard on the tail. The pressure comes from the horse leaning against you, not directly from your pull.
- Hold for 15 to 30 seconds, or for as long as the horse appears comfortable. Often the horse will release when it is ready.
- Release slowly, gently, when you release the tail.



Tail Traction Notice the horse's hind legs, and how he leans into traction