

# Hip Circles

- Face the back of the horse, and pick up the hindlimb, gently placing your hands around the pastern or lower leg.
- Rest both of your elbows on your knees, so that there is no pressure or weight on your back.
- Keep the horse's leg in line with his body, or slightly inside the midline. Do *not* pull the leg outwards.
- Check your body position. Ensure that you are positioned well in line with the horse, and not inadvertently abducting his leg.
- Slowly move your entire body (not just your arms!) in a small circle.
- Although you are watching the hoof trace a circle in air, what you are really moving is the horse's hip joint.
- Bigger circles are *not* better. Keep the circles small, and slow.
- After 3 to 5 circles in one direction, reverse to the other direction.
- Gently place the hoof on the ground when you have finished.



**Hip Circles** Notice the practitioner resting her elbows on her knees. The motion of the circle comes from moving the entire body, not the arms. Arms stay on the knees throughout this exercise. Notice how relaxed the horse is.