

## SLOW LIFT AND STRETCH BY DEBRANNE PATTILLO, EQUINOLOGY CEO

This technique is an adaptation of myofascial release (MFR) for the limbs, with a special focus on the joints, ligaments and tendons in the limb. After adopting a crouched stance that allows you to rest your arms against your body and maintain your position for some time, cup the leg with both hands resting on the pastern just above the hoof with one on the front and one behind. Apply just enough weight so your hands don't slip and stay here for 90 seconds.

Build up pressure by lifting upwards to address the underlying tissue. Think about the horse shifting his weight into your hands. As he does this you will feel that your hands will begin to travel upwards slowly and it will feel like you are pulling up his "socks". If the horse does not shift his weight to the side you are working, try some gentle rocking and this will help facilitate the move. Be sure to keep the rocking minimal especially on an injured limb and avoid pressure on the joint. Be aware that the horse may initially interpret this as a request to lift the leg, but will shift his onto the limb when he understands what is involved.

Try to aim to sustain this move for an additional 90 seconds and move if he is still working with you. Continue all the way to the carpal joint (knee).

### WHERE/WHEN THIS WOULD BE USED:

This type of move is very useful for horses with tendon and ligament issues, since there are a relatively limited number of manual techniques that effectively address distal limb issues. Try applying this every other day. As with any animal which has been injured, please run move by the attending veterinarian to make sure the work is appropriate for the horse.



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