



# Stretch Exercises for Your Horse

*Karin Blignault*

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## **Stretch Exercises for Your Horse** Karin Blignault

The controlled stretching of muscles has been an integral part of the training of human athletes for many years. Scientific studies, and results in the field, have proved the value of stretch exercises in improving performance and guarding against injury. Human therapist and equestrian trainer Karin Blignault, shows how the principles long applied to human athletes can be used for the considerable benefit of horses and the enhancement of their performance, across the whole range of equestrian sport. Karin explains the role of stretch exercises in preventing injury, alleviating pain and improving performance, the need to develop suppleness in tandem with strength, and the part played by the classical ridden movements in the gymnastic development of the horse. After discussing the basic anatomy and physiology of muscles and how they work together in specific groups, Karin describes a number of mounted and dismounted exercises which benefit specific groups of muscles and explains how each exercise should be performed. "Stretch Exercises for your Horse" should be of interest to all owners and trainers of sport horses, and all those who wish to contribute to the constructive development of the horses they ride.

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