



Massage and Bending

In order to bend correctly, a horse must be supple at base of his neck and through his loin. Muscle (and fascia) must elongate on the side away from the lateral flexion.

The spaces between his ribs must breathe as the barrel swings away from the direction of “bend”.

Horses compensating for tension frequently contract in these areas, sucking their necks back and guarding their backs.

When these these contracted areas are released, and pure lateral flexion at the first cervical joint is taught, the spine bends and abdominals are activated.

A very helpful thing.

**Second Wind Farm
Cindy Reynolds, Ph.D., L.M.P.
Large Animal Massage Practitioner
www.secondwindfarm.net
425 330 7148**

