
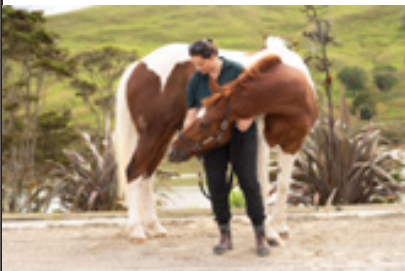

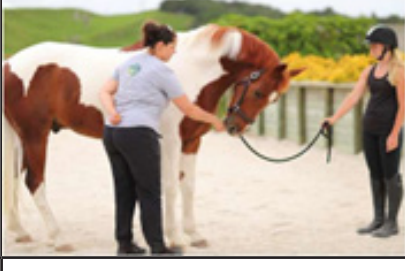


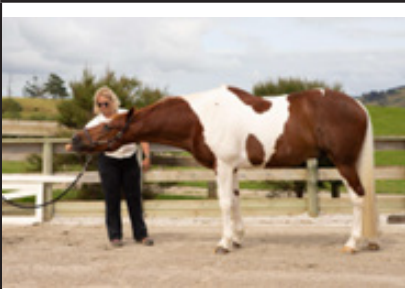
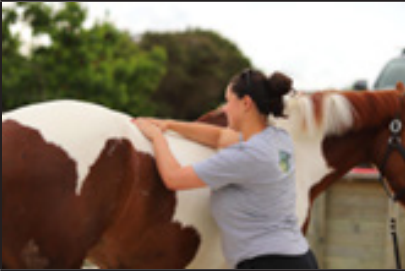




Supplementary material S3 – Supplementary 3: Exercise Description Templates

Lateral dynamic mobilisation exercises (DME) – to the girth	Ensure your horse is standing square. Stand at the horse's shoulder. Use a carrot cut into strips to encourage your horse to bend his head around you to the girth area. Ensure his ears stay level, he should not twist his head to reach the carrot. Try to keep him there for 5 seconds by moving the carrot around or only letting him nibble small bits. Do both sides.		5x 5sec holds 3x/ week
Lateral DME – to the flank	Ensure your horse is standing square. Stand at the horse's shoulder. Use a carrot cut into strips to encourage your horse to bend his head around you to the flank area. Ensure his ears stay level, he should not twist his head to reach the carrot. Try to keep him there for 5 seconds by moving the carrot around or only letting him nibble small bits. Do both sides.		5x 5sec holds 3x/ week
Lateral DME – to the hock	Ensure your horse is standing square. Stand at the horse's shoulder, but next to them so that their head will bend in front of you. Use a carrot cut into strips to encourage your horse to bend his head in front of you to his hock area. Ensure his ears stay level, he should not twist his head to reach the carrot, and his hips stay still. Try to keep him there for 5 seconds by moving the carrot around or only letting him nibble small bits.		5x 5sec holds 3x/ week
Cervical Flexion DME – chin to chest	Have your horse standing square. Using the cut-up carrots, encourage your horses head to touch his chest.		5x 5 sec hold 3x/ week
Cervical Flexion DME – chin to carpus	Have your horse standing square. Using the cut-up carrots, encourage your horses head to reach between his knees.		5x 5 sec hold 3x/ week

Supplementary material S3 – Supplementary 3: Exercise Description Templates *cont.*

Cervical Flexion DME – chin to fetlock	Have your horse standing square. Using the cut-up carrots, encourage your horses head to reach between his hooves.		5x 5sec holds 3x/ week
Cervical Extension DME	Have your horse standing square. Using the cut-up carrots, encourage your horse's head forward and upward, so you get the reach through the joint between his head and his neck. The head should stay lower than his withers.		5x 5sec holds 3x/ week
Extensor reflex	Use the tips of your fingers to scratch the point in the back, just in front of the butt muscles, encouraging your horse to arch their back and stick their butt out.		3x
Backing	Guide your horse backwards over safe flat ground for the required number of steps. This coils the pelvis and activates the hindlimbs. You can increase the loading by repeating this on a hill with the horse backing UP the hill. Also stepping over poles increases hind leg lift which coils the pelvis further. When using poles, start with just one pole and then add poles as able.		5–10 steps
Small in hands circles	Walk with your horse through a series of small circles, use your hand on his side to guide his hind quarters to step over. The hind limbs should cross the midline and he should be moving forward throughout the exercise.		10–20 steps