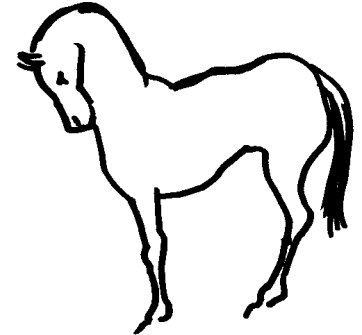


Stretching in Equine Breathing sessions

Horses often stretch during Equine Breathing sessions. Over the last 3 months I have been doing daily Equine Breathing sessions with two horses and have recorded the number of three different types of stretches in each session. Sessions were usually about 90 minutes.

Stretches such as lifting the hind leg up or stretching the neck down were fairly frequent during Equine Breathing sessions but were not recorded because they are not unusual and can be seen in horses at any time. Instead three types of stretches that are less commonly seen in horses were recorded.

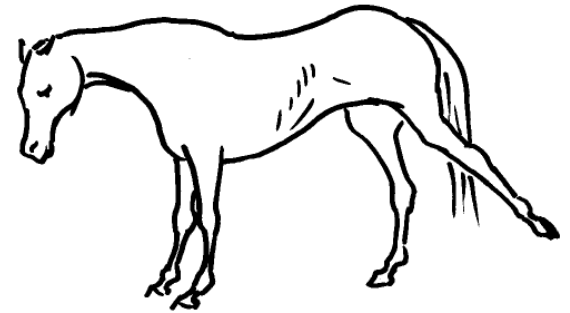


cat stretch

These were;

- The cat stretch
- The leg back stretch
- The dog stretch

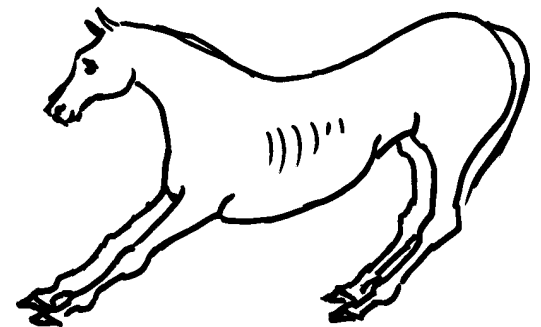
The number of stretches recorded are underestimates because some of the time I was busy with another horse and so did not watch Henry or Des for the entire time and I could well have missed some. But the charts below show a surprising number of these three stretches.



leg back stretch

Henry had done almost no Equine Breathing when he started on 27 April this year and it took him a couple of weeks before he started stretching. Of course during this time he was only slowly building up the Equine Breathing and was not doing full sessions.

For the first five weeks his cat stretches were accompanied by explosive and foul smelling farts but after the end of May his cat stretches became fartless and non smelly!



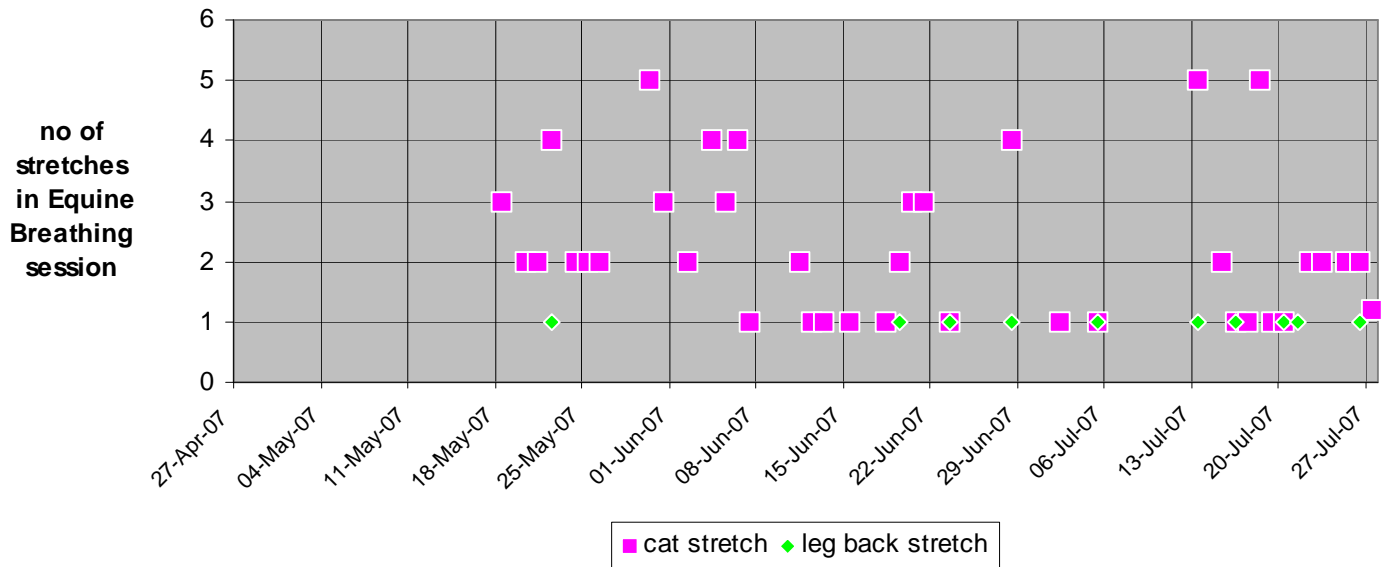
dog stretch

Charts showing the recorded number of stretches for Henry and Des in daily Equine Breathing sessions are shown below.

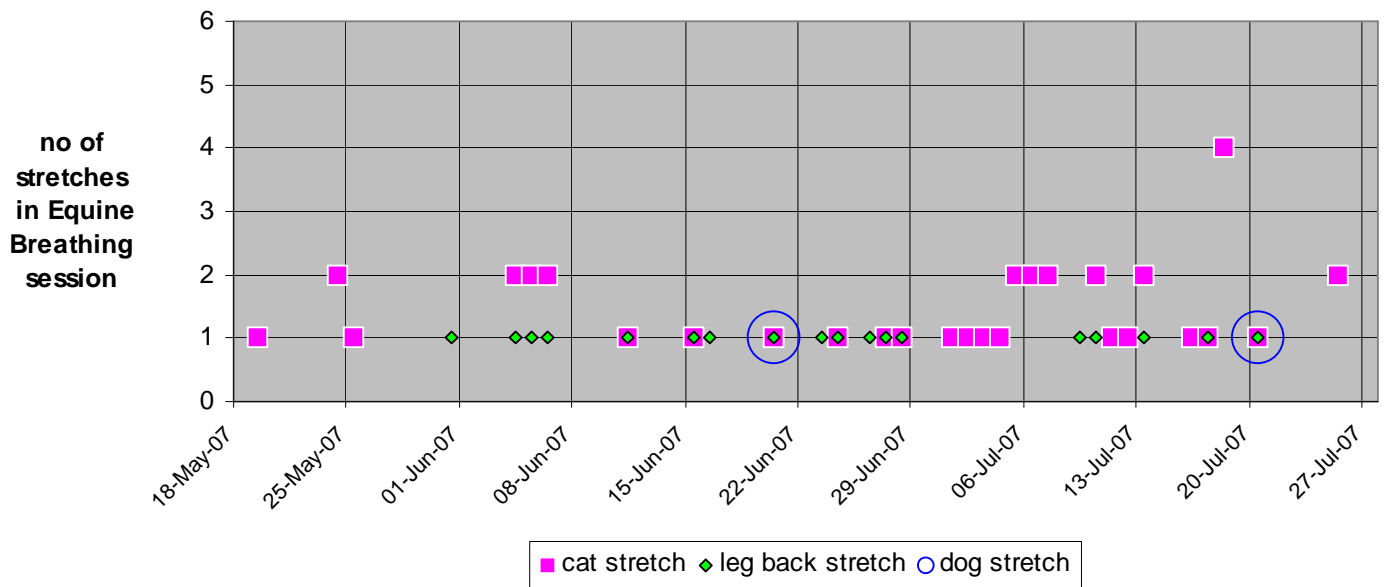
The record shows that Henry certainly seems to like cat stretches. He would often do more than one in a session and sometimes three, four or even five. His average is calculated as one cat stretch for every session though in reality he had days where I saw no cat stretches (though he may have done them) and days where he did several rather than regularly doing just one a day.

Henry was chronically unsound when he started in April and had various deformities resulting from a serious injury several years ago. His then owner's vets were unable to restore him and euthanasia was considered. Two vets have been regularly monitoring his progress in the 3 months recorded here and have been very pleased with his progress. On 24 July the vet judged him sound at last.

Stretches in daily Equine Breathing sessions - Henry



Stretches in daily Equine Breathing sessions - Des



Des did fewer cat stretches than Henry but more leg back stretches. He started doing the stretches almost straight away, but then he had done some Equine Breathing last year. He also did two dog stretches which are probably more unusual in horses than are cat stretches.

Des was sound at the start of this study but as a performance horse his paces were not up to his potential. He had a problem in his neck that his vet was finding hard to remedy as Des would not cooperate. On 24th of July the vet found Des was happy to have his neck investigated and furthermore had full use and that the problem had disappeared.

If you have any reports or photos of stretching in Equine Breathing sessions we would be pleased to hear from you.

info@equinebreathing.com

Breathe easy
Clare