



**Browns Vet Physio**

Equine & canine physio

# **3 THINGS TO INCLUDE IN YOUR REHAB PLAN AFTER KISSING SPINE SURGERY**



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# 3 things to include in your rehab plan after kissing spine surgery

When your horse has had kissing spine surgery, not only is it an extremely worrying time for an owner, it is also confusing with all the information about what you should include in your rehab plan.

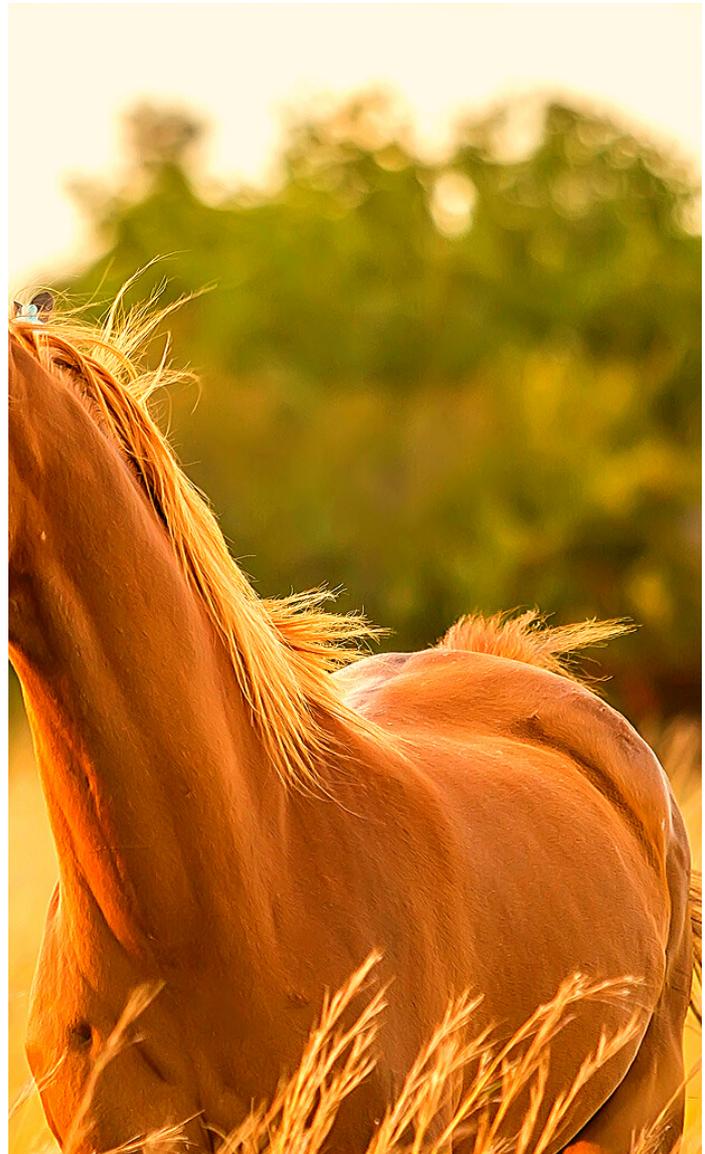
Below are 3 things you should include in your rehab plan.

## WARM UP BACK MUSCLES

Once the wound has healed, you will have been advised to start in hand work, and a great way to help your horse is to warm up the back muscles prior to starting your groundwork exercises.

You can use a heat pad, placed gently over the area, or a hot water bottle (you must make sure that the hot water bottle is wrapped in a towel), or alternatively you could massage the area lightly.

The heat will relax the muscles in the area and relieve any tissue contractions, or scarring around joints.





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## BACKING UP

Backing up your horse, in hand, after a suitable warm up, is a great exercise in balance, and co-ordination.

This exercise encourages your horse to use and co-ordinate their hindlimbs, plus it activates the small muscles that help stabilise the back, which can help strengthen your horse's core. Before and after surgery your horse may have lost muscle mass along their back muscles and will probably change shape (a saddle evaluation is a MUST prior to ridden work). Using the backing up exercises, and improving core strength will help your horse when you finally get to ride again.

## TURN ON THE FOREHAND

Turn on the forehand, in hand, after a suitable warm up, is another good exercise. The act of crossing and uncrossing the hindlimbs under the body assists with flexibility by stretching muscles and ligaments in the back, improves lateral flexion in the back, and balance and co-ordination.

**For more information on massage and rehab techniques, you can purchase the ebook 'An owner's guide to rehab after kissing spine surgery' available soon**

