



Equine rehabilitation & remedial exercise

A horse may become pre-disposed to injury as a result of poor static and dynamic posture, or as a result of a locomotor compensation following injury. Unless these postural and locomotor compensations are addressed and corrected, they may lead to a relapsing or evolving condition.

In these circumstances it is imperative that, following injury, the horse should be critically assessed by a Veterinary Physiotherapist for a remedial exercise prescription to be devised. Similarly, if a horse is recovering from surgery, he may need specialist care and remedial exercise to enable his rehabilitation.

Gail works closely with former international 3-day eventer Naomi Franklin and her niece, Sarah Stretton, who is a member of the British Junior 3-day event team. Gail, Naomi and Sarah have worked together for 7 years and they have vast experience in the rehabilitation and remedial exercise of horses. Horses come as “in-patients” to receive daily physiotherapy and remedial schooling, at Naomi’s “Lazy Acres”

competition centre in Warwickshire. Remedial schooling can be on the lunge or long reins, over specialist sensory re-education surfaces, or it can take a ridden form, depending on the individual horse. Remedial exercise prescriptions are individually tailored for each horse by Gail and constantly monitored and adjusted as the horse regains correct posture and locomotor patterns.

Seen in the photograph are Gail (left), Naomi (Right) and Sarah (mounted) with a horse at the Centre who was being rehabilitated after surgery to both hind suspensory ligaments.

