



Pole Work

To assist with co-ordination, balance, mobility, strengthening and posture.

Set up:

Walk: Average 16hh distance 1m.

Trot: Average 16hh distance 1.5m.

Canter: Average 16hh distance 3m.

Grid jumps: Average 16hh distance 3/4m

Key points:

- The Horse will take the easiest route.
- The Horse will compensate if exercise is overly difficult.
- Start at a level the horse can manage calmly and confidently.
- Use minimal restraint.
- Maximum 20min sessions.
- Stop when weakest structure fatigued or the quality of movement is lost.
- It is possible to do several short sessions in a day.
- If trying to build stamina go for hack after pole sessions.
- Young horses can do 5 mins of poles at the end of their normal session to regain posture.
- Limb flexion height is proportional to amount of spinal flexion so build up height gradually.



Play around:

Start with ground poles in a straight line at the same height and equal spacing. As the horse's skills improve the exercise can be made more difficult.

Manipulate; height, number and spacing of poles and repetitions performed. Include transitions between poles.

Example; For strength training a frequency of 2-3 times a week initially repeating 3-4 times in a session- this can be increased on a weekly basis.



For a specific program tailored to target areas specific to your horse book an appointment with a Bradford's Veterinary Physiotherapist on 01432 890399 or email info@bradfordsvetphysio.co.uk