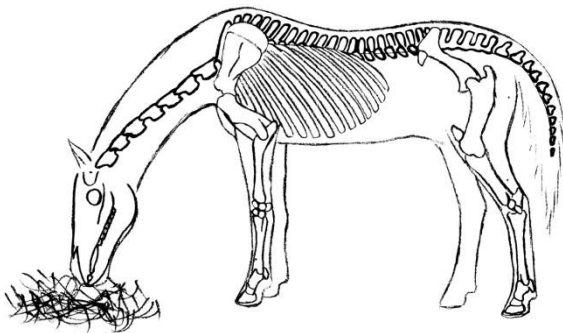


←Please note in this diagram how the spinal processes underneath the saddle area are being pushed together so there is no longer enough space between the bones, causing them to rub and eventually become sclerotic and painful. This can be the beginning of back problems that so easily did not have to happen.



←Clearly this horse will spend hours stretching the ligaments and muscles that protect his back from becoming shorter and more restricted as he is living his life more as nature intended him to do (as he would feed in the wild). All the spinal processes have space to move apart as you can see from the drawing

Secondly, Obviously working our horses has a huge effect on the posture of the skeleton and can either greatly enhance and develop soundness and good health or it can unfortunately have the reverse effect. Working with or without a rider, some time spent stretching the structures through the back where we sit is time very well spent as it can only lengthen and stretch the ligaments and muscles that can and will pull the boney processes together if allowed. This diagram shows that working on the long-reins or ridden for some time to stretch the 'topline' is possible for all.

