

POLE WORK EXERCISES TAILORED vs GENERIC

Pole work exercises are great and can be useful in the training and rehabilitation of our horses BUT are we doing more harm than good using generic exercises?

Although informative, generalised booklets, posters and online videos FAIL TO CONSIDER:

- Your horse's current state of **HEALTH**, physical condition and age
- Your horse as a "**WHOLE UNIT**"
- Possible **UNDERLYING** pathological changes
- Your horse's compliance or stage of **TRAINING**
- Your horse's **PERSONALITY, BEHAVIOUR** and **MENTAL WELLBEING**
- The **OWNER'S PHYSICAL ABILITY, RIDER BALANCE, TACK FIT**

There are occasions when pole work may be detrimental to your horse's health

All acute injuries · Neurological deficits

Undiagnosed pain · Previous tendon, ligament, suspensory injuries

Lameness · Reluctance to work over poles

Acute and subacute stages of osteoarthritis, kissing spine, sacroiliac strain

Distance of poles and number of repetitions must be always **TAILORED TO THE INDIVIDUAL HORSE** based on the clinical history, physical assessment and medical condition.

Generic pole work exercises can be easily overdone - Animals in booklets and videos are usually in good physical health and in high level of training.

Copying these movements might cause **PAIN AND FURTHER INJURY** to your horse.



For a holistic assessment and tailored remedial exercise plan please contact one of the NAVP Veterinary Physiotherapists.