

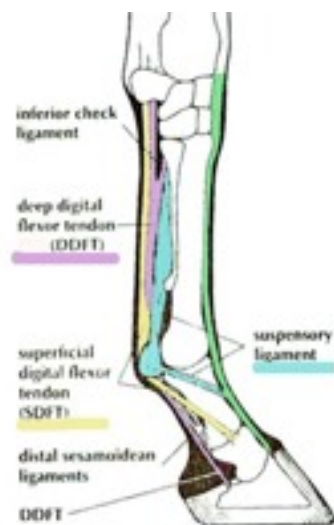


The Stance and Stay Apparatus

This report is to raise awareness that the horse has one, needs one and his health relies on a functional stay apparatus.

The skeletal system provides the frame work for the horse but it is the stay apparatus which 'suspends' and 'supports.' The horse needs very minimal muscle, tendon and ligament action when the stay apparatus can be employed without any undue stress. When the system is in balance...little exertion is needed to stand.

Many muscles, ligaments and tendons cooperate in engaging the stay apparatus, especially the suspensory ligaments, the flexor tendons and their check ligaments. It's like a series of elastic bands that pull in perfect counterbalance to suspend the horses big body like the strings suspend a marionette.



2 months at EQ Awakenings in Alberta....Before and After Stance/Muscling



Horse arrived at the EQ Awakenings Center 2010: presenting constant lameness dating 2+ years prior. Diagnosed 'navicular' QH type. 12 years old. Previously ridden in barrel racing and gymkhana games. Numerous shoeing procedures implicated...to no avail. He still ran like the wind but had a visible uncomfortable limp at lower gaits. He was distant and showed no focus, he only had 'run' gear. He held his head and neck high and shifted his weight from side to side. Bulky tight muscles, hard to the touch. The coat although shiny, felt stiff and brittle. He showed unsocial and distant behavior to humans and would have had to be penned and cornered to be caught.

By the time he reached the 2 month mark with EQ Awakenings protocols well in place, he held a completely different posture and a solid stable stance. He rested in his stay apparatus comfortably and as a result his mind was calmer and he was able to focus and socialize. He learned new things with interest and eager participation. He can still run like the wind and can collect and extend his gaits with relaxed cadence. His muscling smoothed out and he became increasingly social towards humans...including strangers. Often the first one to arrival on calling up the herd. All these changes after making changes to his trim, diet and exercise programs.

Note: Some long term lameness problems can take several months to years to fully heal and gain strength. Often we can see amazing posture and stance changes happen instantly! That is the point where healing begins.

Posture changes often seen immediately

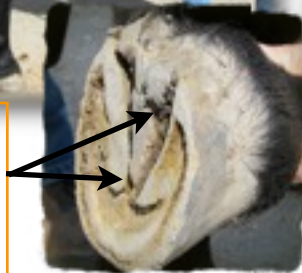
Equinextion trimming protocols can instantly enhance most non EQ horses resting posture. Resting posture is the stance or position the horse holds himself in when at rest. Resting posture is affected some by footing but mostly by feet. Large and overgrown bars for example can shift the resting posture into a V type shape seen in the before picture below. The 'V' stance suggests a stressed stay apparatus.

The RF foot shows bars that are standing upright and appear sharp. That's like standing on an ingrown toenail!! It is NOT the objective to remove the bars but to shape them properly as is with the rest of the foot. This type of breed (Friesian) along with some Morgans, Canadians and QH's tend to have a thick, strong hoof wall and bar! This is a major cause of imbalance and deformation of the natural foot when not attended to correctly.



Overgrown or 'ingrown BARS!!
Ouch! Can't 'rest' on that!
Horse Adopts 'V' stance = stress

Bars like this are like standing on shards of glass!



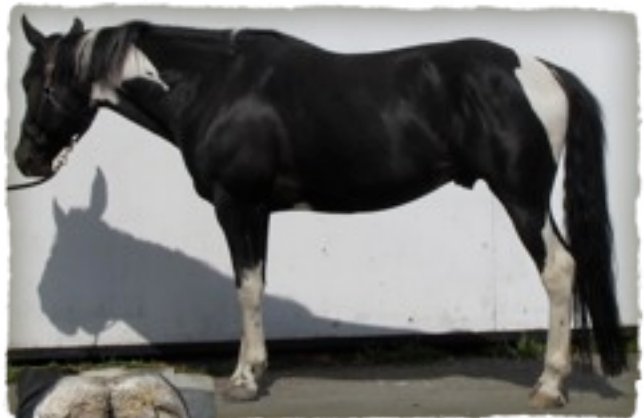
Healthy natural Bars end about half way down the frog. When in their appropriate shape the horse can relax in the stay apparatus.



Before Equinextion Trim and After initial trim treatment



Here is that familiar V stance. Muscles are tight and head high. Irritation like this will transfer to your training.



Even little adjustments make big changes in posture and stance. That will translate to increased comfort, relaxation with focus and concentration available for your time spent together.

Equinextion Trimming and Trimmers...get consistent results. Track yours!!



This 'V' stance in the before picture is how this horse chose to stand. The feet were out of balance, logically the body then too is out of balance. If the body is out of balance...so is the mind! The mind can be shut down and non responsive or induce violent episodes of fight or flight in some horses. This horse was getting progressively worse in her behavior and ability to concentrate..standing and moving on her 'braced' feet.

In the after picture...she chooses to stand more open and squarely. She stands tall and proud! She already appeared to lead better and moved in softer equilibrium while free in the arena. Instant decompression was evident.

Consider this!! Conformational worries may just be a trimming problem!!



I remember thinking before I trimmed this horse (not the above horse) that I cannot get much change because I didn't have an abundance of foot to work with. It proved to me again, that little proper changes can reap big amazing results...instantly!

Before and After initial EQ Foundational Trim Treatment



Even elder horses respond immediately to their initial Eq trim treatment/adjustment with instantly being able to employ their stay apparatus appropriately...and therefore truly find rest. The shape of the feet may take longer to respond than that of a younger horse. Some will never reach their inherent potential but every move in the direction of positive will show enhancements in posture, behavior, concentration and relaxation....and show longer, softer and loftier landings in movement.

Improvements in overall condition are often noted as the stay apparatus is employed in balanced symmetry. Balance is a fine line and learning to trim with Equinextion principles...allows the horse to use much less energy, stay attentive, calm and in a state of relaxation. Hard keepers are often the result of chronic (long term) poor hoof form. Poor posture and stance...over time takes it's toll on the body. To continue to gain mystical results simply add more than normal movement, diet corrections and guided growth through insightful equinextion trimming.



Remember!!

The hairline when viewed from the side should be approx.. 30 degrees to the ground. If there is deformation on the outside look on the underside and decide if trimming can help or if growth is needed. Here in lies the learned finesse.

