**Immediately After**

Please allow 48 hours of controlled movement after your horse’s bodywork session. Controlled motion is described as:

* Staying in a smaller paddock away from other horses if they are going to chase or pick on your horse.
* Being kept in a stall and hand walked at least 3 times a day for 15 minutes.
* No riding within this time frame.

**Returning to Work**

When your horse goes back to work, it is important to remember that they may be using their bodies differently. Sometimes it will get a little worse before it gets better while they are trying to figure out their new equilibrium. It is not recommended to have your horse worked on right before a competition. I like to allow two-three weeks before any major event.

**Ways You Can Help**

It is best to have your farrier/hoof trimmer come out within a week of treatment. Your horse will be able to adapt to the changes in their body and can hold treatment better if the foundation is addressed within this time frame.

The best way to strengthen your horse’s back and hind end is to back them up an incline. It doesn’t have to be steep a small incline is fine. Start with only a few steps at a time and work your way up. You want your horse’s head to be level with the withers in the nice relaxed frame.