

A photograph of a person riding a horse away from the camera on a dirt path. The path leads towards a body of water under a clear blue sky. The path is flanked by trees and dry grass. The rider is wearing a white shirt and dark pants. The horse is dark-colored. The text '@jecaristotleballou' is visible in the middle ground. The title 'Rehab for Distance Horses' is overlaid in large white letters. The website 'www.JecBallou.com' is at the bottom center, and the number '1' is at the bottom right.

# Rehab for Distance Horses

# Your Plan

De-training occurs at 4 weeks  
...by 12 weeks, the rebuild is 1:1

1. Stationary calisthenics
2. Controlled exercise
3. Fitness Training

Vet, Physio, Bodyworker





## Week 1



## Week 4





# Stationary Exercise

- Frequency is the key (4-6 times per day)
- Physical Therapy related exercises, also massage & mobility
- Keeping intrinsic muscles activated
- Exercises performed for 10-60 seconds











Pelvic Matrix

Withers Rocking

Tail Traction

Step-Ups

Cutaneous Stimulation

Vitafloor, Bemer products

Physio Pads

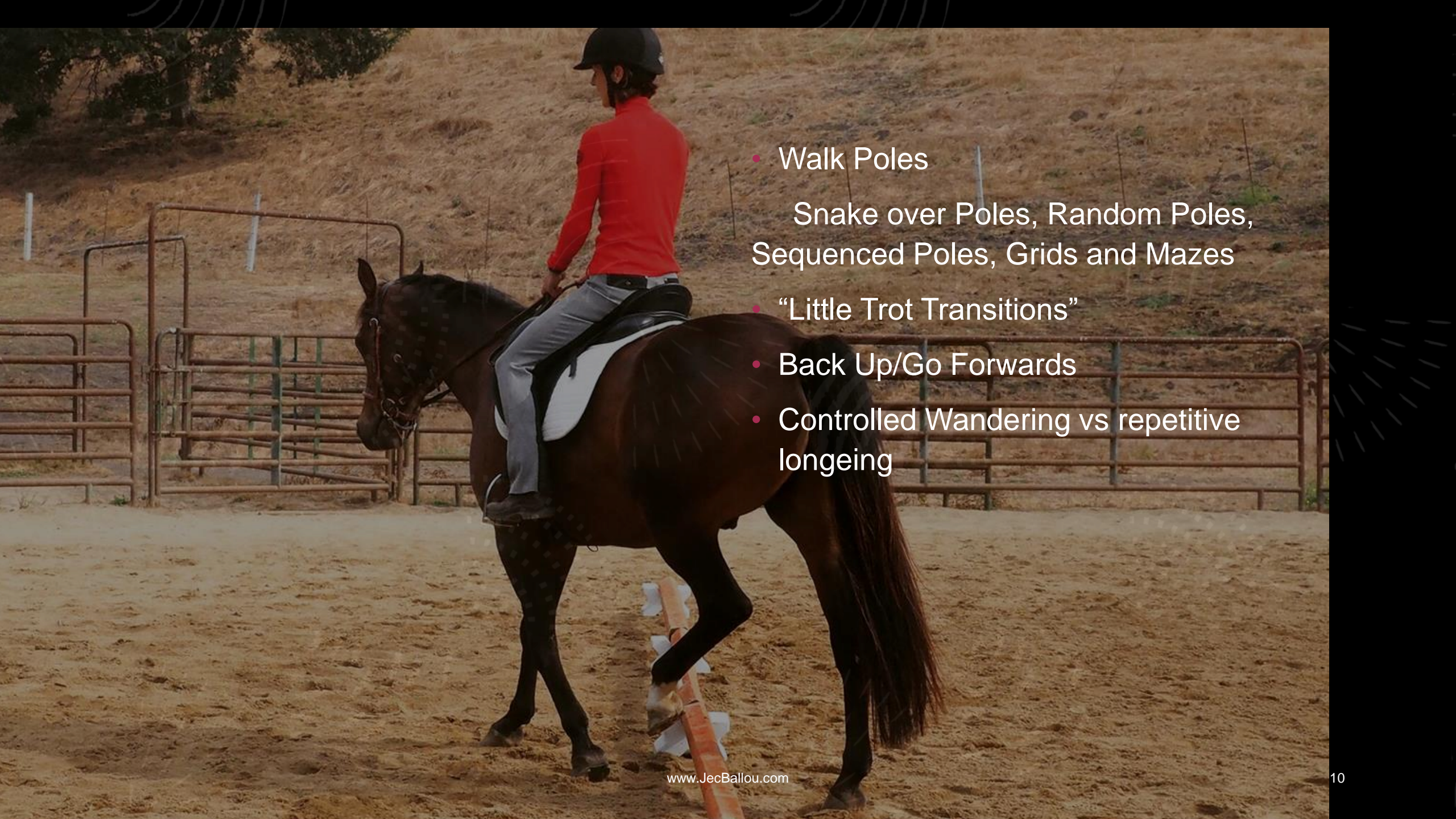
Etc. etc. etc.





# Controlled Exercise

- Walk vs “valuable movement”
- Ribcage swing, activation of back, axial rotation
- Double sessions, different surfaces
- Firm surfaces



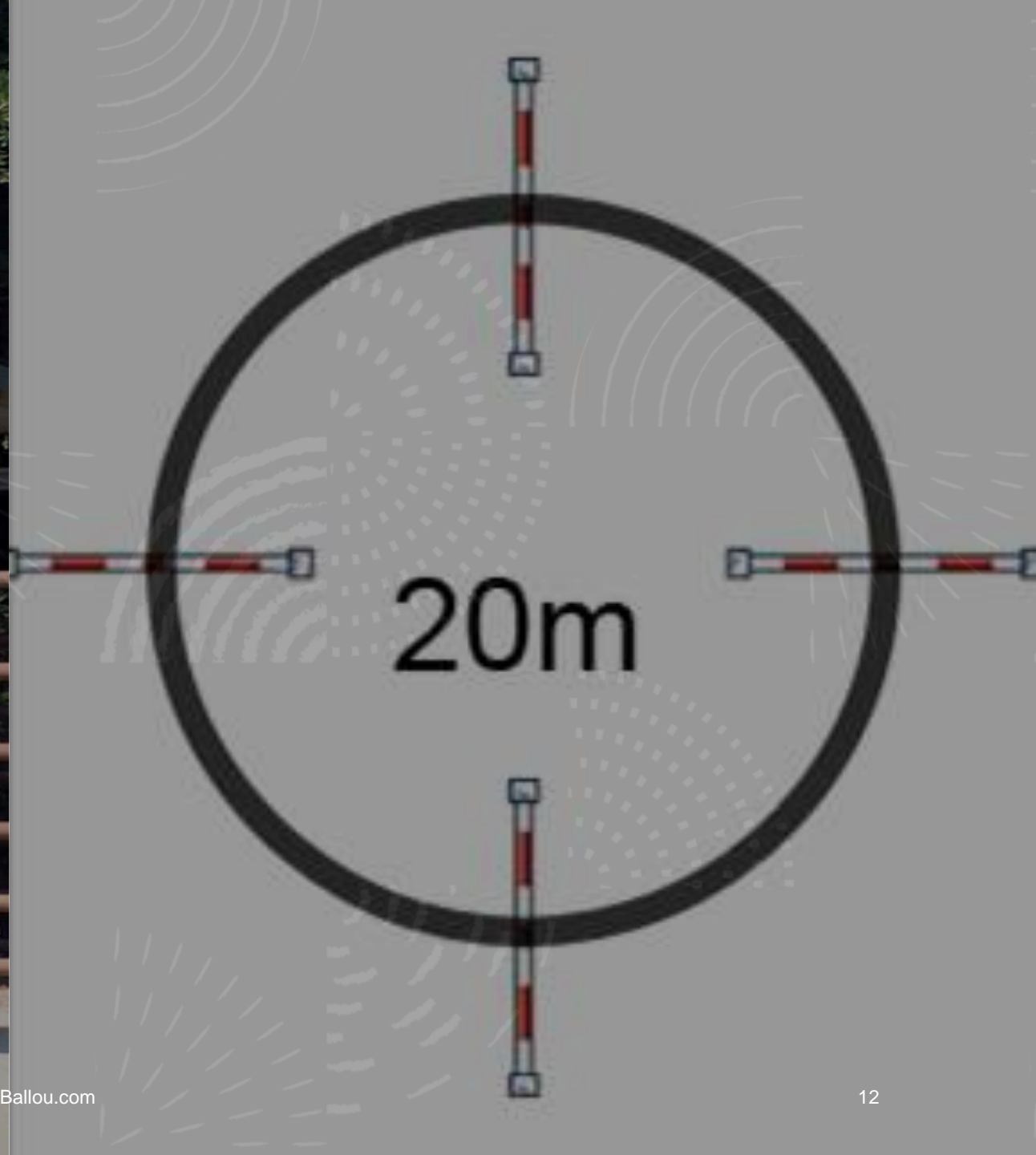
- Walk Poles
  - Snake over Poles, Random Poles, Sequenced Poles, Grids and Mazes
- “Little Trot Transitions”
- Back Up/Go Forwards
- Controlled Wandering vs repetitive longeing



# Fitness Training

- Light seat, low neck
- Use a watch (2-3 minute sets) at trot
- Lunging Systems??







Is your horse  
an orchid or  
a daisy?

...regardless,  
progress will  
*not* be linear



# Questions?