

**THE HAMSTRING WALK**  
**By Debranne Pattillo, Equinology CEO**

Step to the other side and rest your palm or loose fist at the bottom of the muscle. Allow the horse to lean into your hand.

Once you have the weight in your hand drag up slowly by rocking your body slightly.

If you can rest your inside shoulder on the same side you are standing or lock your elbow into your hip, this will protect your joints. Repeat three times.

Do not stand directly behind your horse.



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