

# EMA

Equine Massage Academy Ltd

*Therapy Education Research*

## Is Your Horse Working Correctly—Or Just Coping?



Most horse owners focus on *how their horse feels*.

But what if what you're feeling... isn't actually correct movement? Or you know something isn't right but you ignore it "because that's the way your horse is"?

Because here's the reality:

- 👉 Many horses are working in the wrong frame
- 👉 Many are compensating rather than developing
- 👉 And most owners have never been shown what "*correct*" actually looks like. Many images of horses moving correctly or getting rosettes in shows is incorrect!

## Ask Yourself What "Correct" Looks Like?

When your horse is working:

- Are they lifting through their back—or dropping away from you?
- Are they truly connected—or just holding a shape?
- Is the neck position influencing the body correctly—or disguising tension?
- Are they stepping under—or just moving forward?

A horse can look "nice".....but still be moving **incorrectly, inefficiently, and even uncomfortably.**

### 1. Frames: More Than Just Head Position

The "frame" of a horse is often misunderstood.

It's not about where the head is.

It's about:

- Whole-body posture
- Engagement from behind
- Lift through the thoracic sling
- Freedom through the shoulder and back

Different frames have different purposes—but they must be used **correctly and at the right time.**

👉 The problem?

Most horses stay stuck in **one way of going**—and it's often not helping them.

### 2. Are You Lunging Correctly... Or Just Letting Them Go Round?

Lunging is one of the most misunderstood tools in horsemanship.

Done correctly, it can:

- Improve posture
- Build correct muscle
- Highlight asymmetries

- Support rehabilitation

Done incorrectly, it can:

- Reinforce poor movement
- Increase imbalance
- Strain joints and soft tissue

Ask yourself:

- Is your horse balanced on the circle?
- Are they falling in or drifting out?
- Are transitions improving posture—or breaking it?
- Are you influencing the body—or just controlling speed?

### **3.Exercises: Are They Helping... Or Just Filling Time?**

There are countless exercises out there and social media is full of them.

But not all of them:

- Improve movement
- Build correct strength
- Support long-term soundness

Professional training and rehabilitation focus on:

- **Purposeful exercises**
- **Correct timing**
- **Understanding the “why” behind each movement**

Because the wrong exercise—at the wrong time—can do more harm than good.

### **4.The Missing Piece: The 6 Categories of Training**

Here’s something most horse owners (and many professionals) have never been taught:

👉 Your horse’s work should fall into **six key categories of training yes six!**

At any one time, your horse should be developing within these areas—not just “working”.

These categories ensure:

- Balanced development
- Progressive strengthening and conditioning
- Reduced risk of injury

- Clear, structured training

Without this framework, training becomes:

- ✗ Random
- ✗ Repetitive
- ✗ Ineffective

And often... horses' plateau or break down long term – they can only keep going like this for so long!

## **5.Start Looking Differently at Your Horse Like we do as Professionals**

Next time you work your horse, observe:

- How are they carrying themselves?
- Are they truly balanced?
- Is the movement improving—or just continuing?
- Is each exercise serving a purpose?

Because once you start seeing correctly...you can start training correctly.

### **Want to Understand This Properly?**

This is exactly what we teach inside our comprehensive course, yet it requires no work, just sit back, watch the videos and learn then implement with your horse:

- **Training Horses from an Anatomical Perspective** [LINK](#)

You'll learn how to:

- Recognise correct vs incorrect frames
- Understand how posture affects movement
- Use exercises that actually improve your horse
- Apply the 6 categories of training effectively
- Train with purpose—not guesswork

Because when you understand how the body truly works...you stop hoping—and start knowing.

### **The Result?**

- A happier and healthier horse
- A horse that moves more freely
- Better performance with less resistance
- Reduced risk of injury
- Clear direction in your training

And most importantly...

👉 A horse that is no longer just coping—but **thriving**.

## **Keep Your Horse Moving Well, Happy and Injury Free!**

Our courses are approved by:

