

EMA

Equine Massage Academy Ltd

Therapy Education Research

The Best Support for an Ex-Racehorse in Their New or Ongoing Life!



When a horse retires from racing, the common belief is:

“They just need to learn a new job.”

So we:

- Start retraining
- Introduce new routines
- Expect them to adapt
- Focus on ridden work

But what if the challenge isn't just about learning something new?

The Missing Piece

The biggest assumption is that a racehorse can simply transition into a riding horse with time and training.

But ex-racehorses come with:

- A highly specialised physical development
- Established movement patterns
- A very different lifestyle background
- Learned behaviours that made them successful in racing

👉 And these don't just disappear.

What New Owners Often Notice

- Difficulty relaxing
- Tension or reactivity
- Trouble with balance or straightness
- Inconsistent performance
- Behaviour that feels confusing or unpredictable

These aren't failures.

👉 They're signs of a horse adjusting.

What Actually Matters

1. The Body Needs to Change

Racehorses are trained to move in a very specific way.

As riding horses, they need:

- Different muscle development
- Improved balance
- Greater flexibility
- New patterns of movement

This takes time—and the right approach.

👉 And this doesn't just apply to newly retired racehorses.

Even those that have already transitioned can:

- Continue to carry old movement patterns
- Struggle to develop correctly
- Experience repeated injuries or inconsistencies

Not because they've been “doing it wrong”— but because their body may still need a different approach.

2. The Mind Needs to Adapt

These horses are used to:

- High-energy environments
- Routine and structure
- Forward-thinking responses

Suddenly changing everything can lead to:

- Anxiety
- Tension
- Confusion

3. It's Not Just Retraining—It's Rehabilitation

For many ex-racehorses, this stage is about:

- Physical adjustment
- Mental relaxation
- Learning to use their body differently

👉 Not just learning how to be ridden differently

⚠️ The Risk of Getting It Wrong

If this transition and ongoing management isn't handled correctly, you may see:

- Ongoing tension
- Behavioural issues
- Injury or discomfort
- A horse that never truly settles

A Smarter Approach

Instead of asking:

👉 “How do I retrain this horse?”

Ask:

👉 “What does this horse need to adapt physically and mentally for the long term?”

Where You Come In

You play a huge role in helping your horse:

- Feel safe in a new environment
- Develop a new way of moving
- Relax and understand new expectations
- Build strength gradually

Want to Support Your Horse Through This Transition Properly?

Inside our **Racehorse to Riding Horse Aftercare and Retraining** course [LINK](#)

you'll learn:

- How racing affects the horse's body and movement
- What changes are needed for a new career
- How to support both physical and mental adjustment
- Common mistakes that hold horses back
- How to help your horse settle, adapt, and succeed

Sit back, no work required, just learn a lot to take forward with your amazing Thoroughbred!

Because this isn't just retraining...

👉 It's giving your horse the best possible chance in their second career

Our courses are approved by:

