



Stroke # 9 UPPER ADDUCTORS

Tool: Finger pull

Stroke area: All done on the inside of the leg

Slide flat hand between horse's leg to mid forearm and up so that thumb touches the top. Engage the tissue with finger tips and lengthen it posteriorly about 1" and release.

Rotate fingers downward and repeat.

Move whole hand posteriorly 1" and repeat process

Note: Avoid pinching folds of skin. Use a "spy" hand for safety.

Purpose: Loosen upper adductors and gauge tension levels