

Horse Balance Pad

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Single-limb and two-limb loading – proprioception, subtle microfascial and micromuscular intrinsic movements

An unstable surface creates a continuous need for adjustment. The deep muscles and fascial structures respond with subtle corrective movements. The aim is not strength, but controlled stability and coordination.

Starting position:

The horse stands calmly on firm ground. Place the Balance Pad under one or more hooves. At first, loading through the toe is normal, especially with two pads. As stability improves, weight is taken across the entire hoof surface.



Variation 1: Single-limb loading.

Place one front or hind hoof in the centre of the pad. The horse remains calm and still. Provide gentle manual support and continue for as long as the horse wishes to stand safely on its own. Do not repeat at once.

Focus: targeted activation, control and stability



Variation 2: Two-limb loading.

Place both hind hooves on separate pads. Aim for even weight distribution. Let the horse stand calmly.

Focus: symmetrical loading and coordination



Variation 3: Diagonal placement of front and hind hoof.

Targeted activation of the myofascial chains throughout the body. This activity particularly addresses diagonal movement patterns, improves intersegmental stabilisation and neuromuscular coordination, and promotes even weight bearing.

Focus: deep muscle activation and lasting proprioceptive training



Important notes:

Only use in a pain-free range and choose a calm setting. Form matters more than duration. Provide support by hand if unsure, and stop if clear avoidance patterns appear.

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Horse Fascia Active Set

Myofascial stimulation and tissue optimisation through stroking, rolling and pulling stimuli for targeted activation, improved circulation and myofascial release in the horse

Aim: Lower muscle tone (resting tension) to reduce pain and promote release

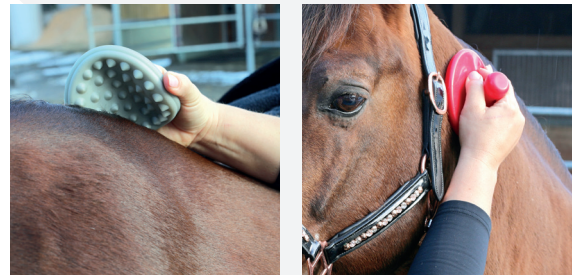
TOGU Bodyroll:

Myofascial tool with adjustable firmness (air-filled). Apply using stroking, pulling, circular and rolling methods. Promotes circulation and reduces muscle tone. Ideally suited to large muscle groups.



TOGU Senso Massage Pad:

Fascial stimulation tool with a sensory surface for targeted tissue activation. Apply with localised, circular and stroking methods. Promotes circulation, provides sensorimotor activation and helps regulate muscle tone. Ideal for fascial activation, sensory input and smoothing strokes.



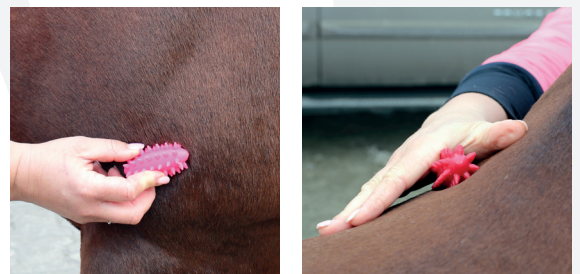
TOGU FASZIO® Ball Local:

Local tissue tool for targeted treatment of deeper structures. Apply targeted pressure, slow circles and static holds. Always build pressure slowly. Promotes circulation, relieves tension and supports neuromuscular regulation. Ideal for trigger points and local imbalances.



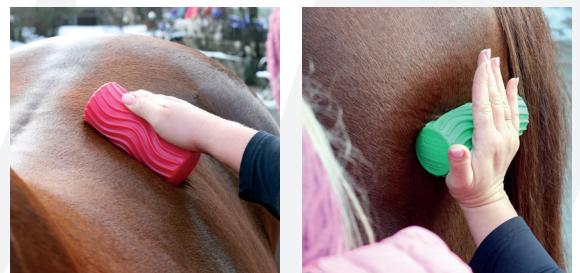
TOGU Long Knobbed Ball:

Versatile tool for small and sensitive body areas. Helps loosen tissue adhesions and improves glide. The air filling makes it highly adaptable and ideal for the head and limbs. Apply with gentle rolling and circular methods. Pressure can be adjusted. Promotes circulation and lymph flow.



TOGU Actiroll Wave S:

Structured tool for targeted tissue stretching. Apply with slow rolling and stroking methods. Stretch with both hands and hold briefly. Supports the ability of tissues to lengthen, relieves tension and promotes circulation. Ideal along muscle chains and for larger muscle groups.



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