

THE RHOMBOID “MELT”
By Debranne Pattillo, Equinology CEO

Stand facing the neck and place the palms of your hand cupping the bottom edge of the **rhomboids** for the **melt**. This is the magenta muscle in on the painted horse. It is best to try this around the middle of the neck.



Try to keep as much bend out of your wrist as possible. It helps to think about keeping your elbows down. Put a slight bend in your knuckles to take the tension out of your hands. Lean into the horse just enough so he meets the pressure without stepping away. Think about **sinking** or **melting** into the tissue and avoid pushing. Once the horse relaxes under your hands try to hold the **melt** for at least 90 seconds. The horse will often accommodate the move by lowering the head and neck into your hands.



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