



The Last Resort Checklist

When Your Horse Is Still Not Right... But Everyone Says They're Fine

This checklist is designed for horse owners at the end of their rope — when the vet clears your horse, but something still feels *off*. Use this to uncover what others might miss.

1. Consent & Communication

- * Does your horse move away when you approach with or without tack/grooming tools?
- * Are there signs of discomfort when you groom or touch certain areas (ears back, flinching, tail swishing, wrinkles above the eye/nostril, eye triangle shaped)?
- * Does your horse stand willingly at the mounting block (would he/she walk away if you dropped your reins)?

 **Lack of consent is a warning sign, not bad behaviour. Tension and pain often manifests as refusal.**

2. Hidden Pain Patterns (Beyond what imaging or flexion tests can show)

- * Where does your horse lie on the grimace scale? See attached Photos at end of checklist.
- * Are there consistent tight or reactive spots along the spine, ribs, or jaw?
- * Can you see slight asymmetries in the body — like one wither pocket deeper than the other?

 **These signs may relate to bone torsions, fascial restrictions, or blocked nerve pathways.**

3. *Stable & Field Clues

- * In the stable, does your horse:
 - * Lean against the wall
 - * Stand with limbs tucked under
 - * Show agitation or aggression during feeding or grooming?
- * In the field, does your horse:
 - * Avoid lying down
 - * Prefer isolation
 - * Show stiffness when rising or walking off?

 ***You learn a lot by simply watching them do “nothing.” Subtle signs add up.***

4. Hoof Balance

- * Are hooves symmetrical when viewed from the front and behind?
- * Do the heels look under-run or collapsed?
- * Are the frog and digital cushion healthy and functional?
- * Does the trim match the internal structures (X-ray if available)?

 **Poor hoof balance can cause or contribute to body-wide compensations and pain.**

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5. Ridden Pain

- * Does your horse have issues being tacked up (bite/stamp feet/swish tail)?
- * Have you had to use stronger and stronger bits or struggled to find the right bit?
- * Does your horse show *8 or more* of the following under saddle?

1. Resistance to the bit or bridle
2. Tail swishing or clamping
3. Pinned ears or ears constantly flicking backward
4. Head tossing, shaking, or nodding
5. Mouth gaping, grinding, or chewing
6. Repeated head tilt or holding head asymmetrically
7. Shortened stride, especially behind
8. Disunited canter or difficulty maintaining gait
9. Buck, rear, or sudden stops
10. Lameness or irregular gait when ridden
11. Stiffness or reluctance to bend on circles
12. Frequent stumbling or tripping
13. Uneven or excessive sweating under the saddle area
14. Saddle slipping or signs of discomfort when saddle is put on
15. Frequent attempts to evade work (e.g., refusing transitions or movements)
16. Increased respiratory rate or signs of distress during work
17. Swishing tail when moving forward or under saddle
18. Repeated attempts to rub the saddle or girth area
19. Avoidance of certain movements, e.g., backing up, lateral work

 **The presence of 8 or more signs strongly suggests ridden pain (Sue Dyson research, 2020).**

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6. Hoof Balance

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💡 **Poor hoof balance can cause or contribute to body-wide compensations and pain.**

7. Feeding: Forage First

- * Is your horse on a high-fibre, forage-based diet?
- * Are any concentrates low in sugar/starch and necessary?
- * Is there access to ad-lib hay or grazing?
- * Are supplements based on testing, not trends?

💡 **Gut stress can fuel behavioural and physical tension. Forage-first feeding supports the whole system.**

8. Emotional & Energetic State

- * Does your horse seem withdrawn, anxious, “shut down” or have vices?
- * Are there sudden mood swings or outbursts that don’t fit the environment?
- * Do they seem happier after release-based techniques?

💡 **Emotions get stored in the body. Clearing trauma or emotional load often leads to physical change.**

WHAT DO THE RESULTS MEAN?

If You’ve Checked 3 or More of These Boxes...

Your horse may be giving you *clear signs* that something is wrong — even if diagnostics disagree.

“You don’t need a diagnosis to take action. You just need to listen.” – Mandy McConechy

👉 WANT HELP INTERPRETING WHAT YOU FOUND?

✉ DM me or visit www.painlessequestrian.co.uk for tools, support, and a method that *actually works when nothing else has*.

*****IMPORTANT - FREE GIFT****

This PDF has special energetic healing capacities attached to it - please see following page if you would like to take advantage of this free gift to you.

The Last Resort Checklist

To receive healing attached to this PDF for you and your horse all you have to do is read it and then say 'Yes' if you would like to accept it.

Bonus points if you can imagine these things being downloaded down into your brain from the Universe/Creator/God of your understanding/Source etc after you have said yes.

***Unconditional Love**

***An Instant Healing for you and each of your horses**

***Downloads of:**

I understand the Creator's definition of Unconditional Love

I understand what it feels like to receive Unconditional Love

Every day, in every way, my and my horse's mind, body and spirit feel better and better.

I understand what it feels like for my (and my horse's) body, mind and spirit to feel better and better every day, in every way.

I know what it feels like to be able to help my own horse

I know what it feels like to be guided intuitively

I know how to be completely loved and accepted

I know the Creator's definition of loving a horse

I know the Creator's definition of being loved by a horse

I understand the Creator's definition of healing

I know what to do with the Creator's abundance

I understand the Creator's definition of manifestation

I know how to be a master manifestor

I know what it feels like to manifest my dream life

I understand what it feels like to be free from worry

I know how to live my daily life without worry

I know it is possible for my known and unknown senses to seek positive feelings

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THE EQUINE GRIMACE SCALE

Stiffly backwards ears		
		
Not present (0)	Moderately present (1)	Obviously present (2)
<p>The ears are held stiffly and turned backwards. As a result, the space between the ears may appear wider relative to baseline.</p>		

Orbital tightening		
		
Not present (0)	Moderately present (1)	Obviously present (2)
<p>The eyelid is partially or completely closed. Any eyelid closure that reduces the eye size by more than half should be coded as "obviously present" or "2".</p>		

Tension above the eye area		
		
Not present (0)	Moderately present (1)	Obviously present (2)
<p>The contraction of the muscles in the area above the eye causes the increased visibility of the underlying bone surfaces. If temporal crest bone is clearly visible should be coded as "obviously present" or "2".</p>		

Prominent strained chewing muscles		
		
Not present (0)	Moderately present (1)	Obviously present (2)
<p>Straining chewing muscles are clearly visible as an increase tension above the mouth. If chewing muscles are clearly prominent and recognizable the score should be coded as "obviously present" or "2".</p>		

Mouth strained and pronounced chin		
		
Not present (0)	Moderately present (1)	Obviously present (2)
<p>Strained mouth is clearly visible when upper lip is drawn back and lower lip causes a pronounced "chin".</p>		

Strained nostrils and flattening of the profile		
		
Not present (0)	Moderately present (1)	Obviously present (2)
<p>Nostrils look strained and slightly dilated, the profile of the nose flattens and lips elongate.</p>		