

Rider Assessment

Riding is a sport where horse and rider must be in harmony in order to gain optimal performance. Poor posture and alignment effects not only your riding ability but it will also affect your horse's performance and function.

For example a rider with a shoulder injury affects their ability to maintain an even contact with the horse's mouth and can subsequently cause imbalance and movement restrictions in the horse. Alternatively, a horse with an asymmetrical pelvis can lead to a rider to sit crooked which ultimately may lead to asymmetry within the rider.

Subsequently, a rider may benefit from an assessment if they have any of the following problems

- Difficulty achieving contact evenly through the seat or legs
- Tipping forward in seat or to one side
- Excessive trunk/head movements when riding
- Feeling that stirrup leathers are uneven despite having an equal length
- Pre-existing musculoskeletal problems
- Joint or muscle pain
- General inflexibility

As a Chartered Physiotherapist and with considerable experience is assessing and treating human patients Sally is uniquely placed to provide rider assessment and to implement appropriate treatments and home exercise plans where necessary

Treatments available:

- Joint mobilisations
- Soft tissue work
- Acupuncture
- Core stability work
- Exercises and stretches