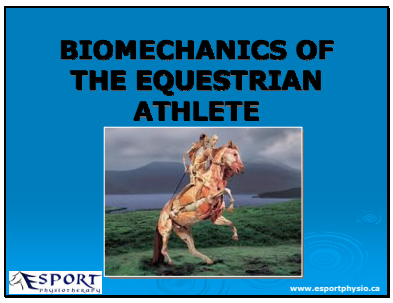
Slide 1



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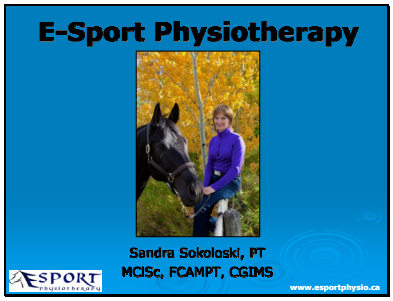
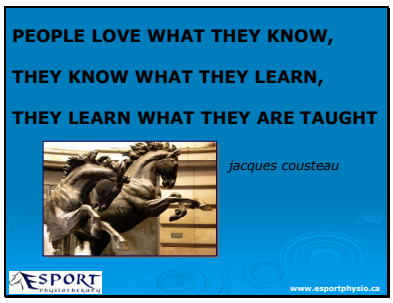


Slide 3

To help a rider become physically able to perform the tasks associated with riding is much easier than creating awareness.

Slide 4



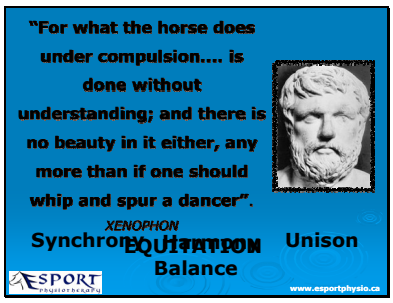
Slide 5

All members have varying experience and individual qualities and experiences

Slide 6

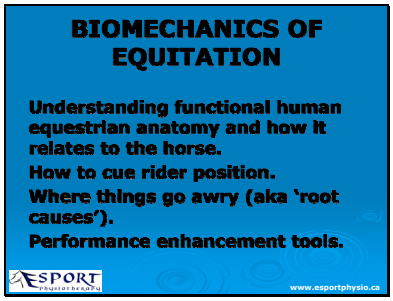
Try to establish a 'team' in your area of people who can help riders be better in their bodies. Yoga, pilates, somatics, physio, massage, workout trainer, etc

Slide 7



Equitation is the result of the human and horse having a meaningful and constructive dialogue…with their bodies

Slide 8



What we will look at in today's presentation

Slide 9

Muscles easily establish neural pathways that become entrenched…..for good or for ill.

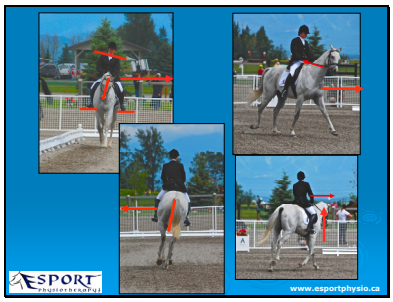
Slide 10

Neutral is the place through which all movement will occur

Slide 11

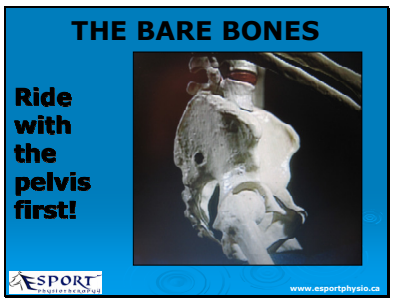
Balance is a perpetual state of unbalance therefore what is 'optimal' will be constantly changing and is relative to the demands of the task.

Slide 12



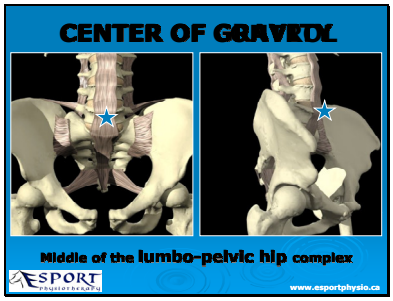
All of the visible issues with the horse and rider are related to the fact that the rider sits left. Almost always shows up the same when rider is standing on the ground and causes compensatory issues.

Slide 13



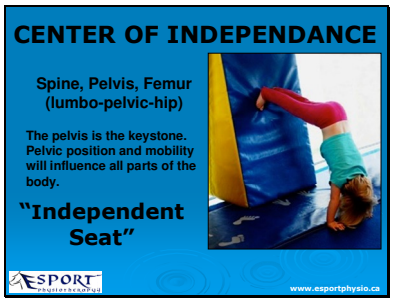
Don't try to fix anything else until the pelvis is in the right place and moving in the correct pattern. I like to correct the sagittal plane first (bowl tipped forward or backward)

Slide 14



The pelvis is the keystone of static and dynamic posture- it is the center of control whether we are stationary or are moving.

Slide 15

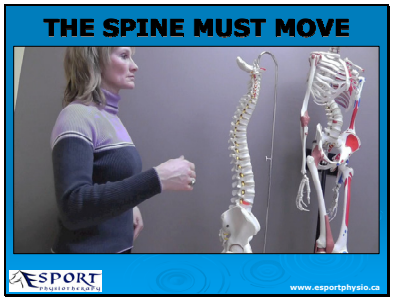


If the pelvis is moving correctly in response to the horse's movement, the forces imparted to the body by the horse are absorbed and distributed, leaving the rest of the body able to impart aids or maintain positions as appropriate. The pelvis is ***a force transducer***.

Slide 16

As the pelvis moves, some of these forces are distributed up through the spine and down through the legs. Stillness is an illusion.

Slide 17

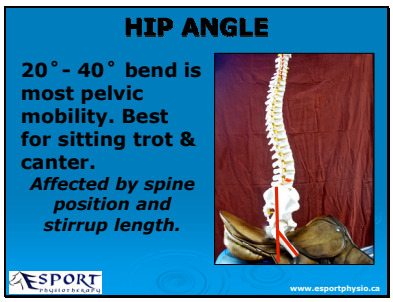


The spine is curved to optimize mobility and stability. Different spines have different degrees of curves. The curves should never be reversed. I.E. rounded lower back, arched upper back. Looking down limits the ability of these curves to change with movement and stiffens the spine.

Slide 18

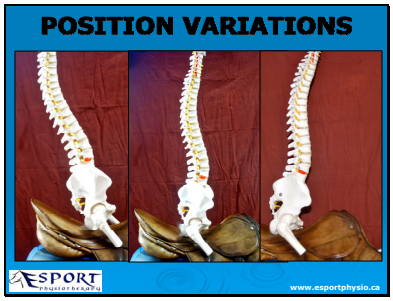
The ball and socket joint is designed to move in all 3 dimensions simultaneously. They are the perfect pivot points for the pelvis to move on. We typically move in life primarily with leg swinging on pelvis, riding is the opposite.

Slide 19



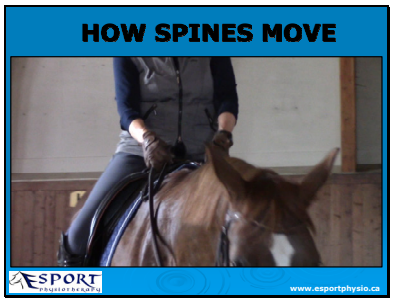
Doing good flat work in jumper length stirrups is much more difficult. Even a few holes lower is better.

Slide 20



Notice that the positions change at the hip, not in the spinal curves.

Slide 21



Horse and human spines both move in 3 dimensions. Flexion/extension, sideflexions, rotations. These are all occurring simultaneously but will vary in proportion depending on the task being performed. The key to accurately following the movement of the horse's back is for the rider to notice and allow the 3 dimensional movement in their spine. It can be used to both follow the horse's movement or influence it to do something slightly different.

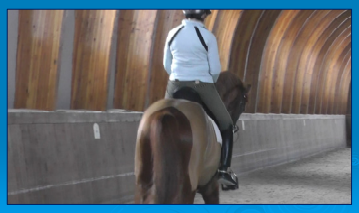
Slide 22

How does your pelvis move?

All 3 dimensions
Look down
Arch your back
Squeeze your butt
Shift side to side

Slide 23

3D IN MOTION



Slide 24

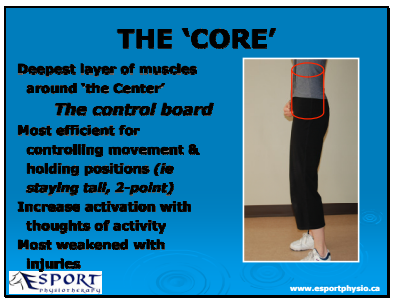
CORE MUSCLES

***Stabilizers* for lumbo-pelvic-hip complex**

diaphragm
pelvic floor
psoas
multifidus
transverse abdominus
(deep gluteals)

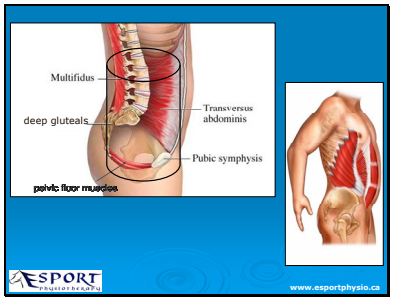
Form a canister

Slide 25



The pelvis is the keystone of static and dynamic posture- it is the center of control whether we are stationary or are moving. The core muscles control and coordinate the movements of the lumbo-pelvic-hip complex (aka the seat)

Slide 26



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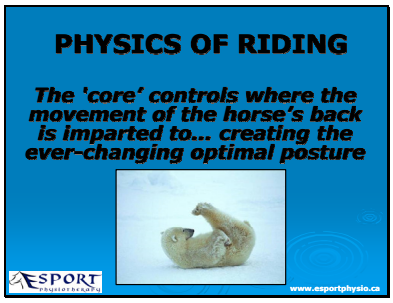
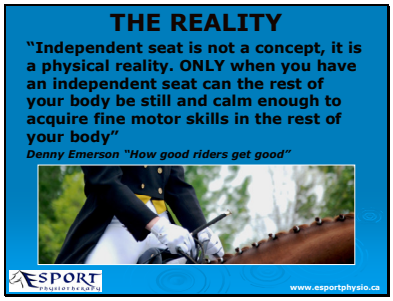


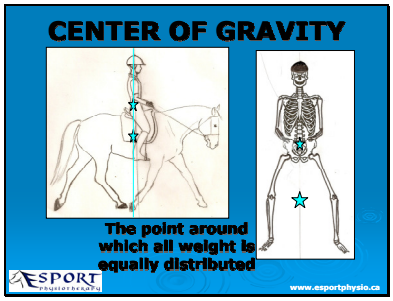
Slide 28

From ‘butt clencher’ to floppy middle syndrome to much more correct. She fixed the pelvic bone position, then the muscles that were controlling it.

Slide 29



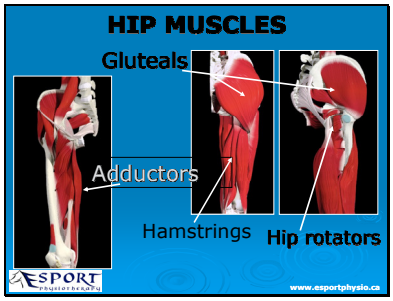
Slide 30



The closer the centers of gravity are aligned, the happier the horse is.

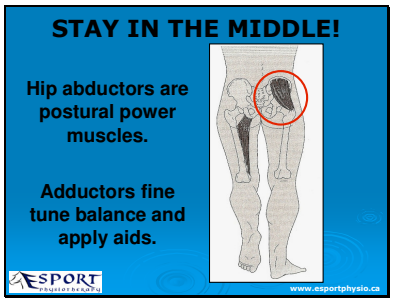
Slide 31

Slide 32



These muscles are the strength and movement producing muscles- must be well balanced between the front and back of the body, and on either side.

Slide 33



And again….The pelvis is the keystone of static and dynamic posture- it is the center of control whether we are stationary or are moving.
Hip abductors keep rider in the middle. They are the most commonly weakened muscle in lumbo-pelvic-hip (the seat) dysfunction/injury.

Slide 34

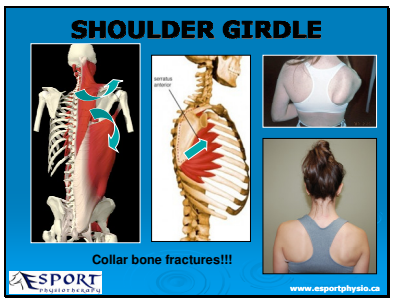
Slide 35

No part of the body can hold stiffness if the independent seat, and accurate and well communicated aids are to occur.

Slide 36

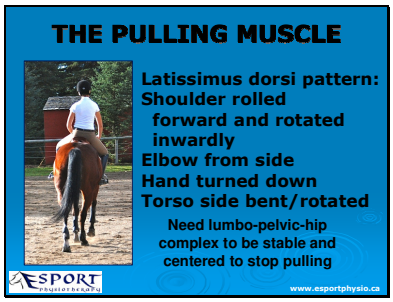
The feet are a very proprioceptive and adaptable part of our body in life. This needs to be harnessed in riding and at no time is ‘pushing heels down’ useful. Results in negative tension that radiates up the leg and through the body.

Slide 37



Shoulder posture issues are very common off the horse and often easier to address off the horse. The shoulder relies heavily on having good muscle balance and coordination. Very difficult to change shoulder 'habits' while riding. That being said, other parts of the body will create what looks to be a shoulder problem. Example. If a rider sits right, they often collapse to the left and the left shoulder will drop. Conversely, if the rider sits right and butt clenches on that side, the torso will often sidebend and twist right, the left shoulder pushing up and forward.

Slide 38



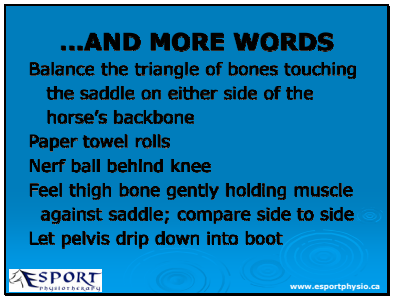
Slide 39

Words are very powerful. Thoughts always have a physical response in the body. Hearing, then visualizing a set of words will create a physical intent.

Slide 40

Slide 41

Slide 42



Slide 43

Slide 44

Slide 45

OLD HABITS DIE HARD!!!

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Slide 46

Common Coach Frustrations

Swinging lower legs, 'foot on the brake', jerky hands, stiff elbows, pulling arm, 'pumping' body, round shoulders, toes turned out/in, hand turning down, nodding head, pinching knee, body tipped to side

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Slide 47

THE PENDULUM EFFECT

If pelvis is not controlled & 'with' the horse, the more distracting & obvious is the movement of the body parts that are farthest away.

Like a pendulum, the movement farthest from the pelvis is amplified.

(Proximal to distal control; sport research)

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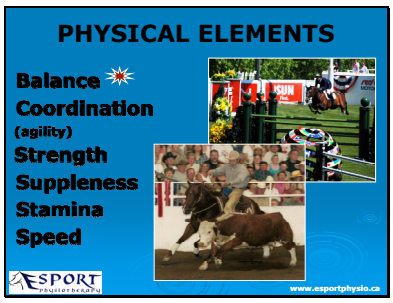
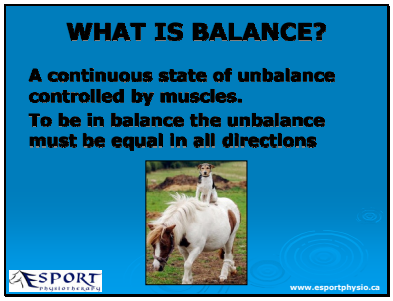
Slide 48



How much of each element is required will depend on the discipline and level of performance.

Slide 49

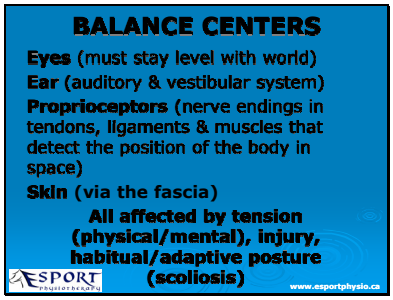


Bodies don't have a system to detect 'middle', only systems to detect off of middle. A well balanced rider/horse move symmetrically around the middle

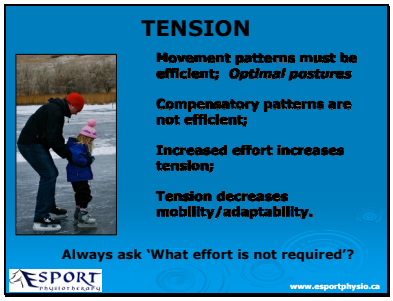
Slide 50

This intricate timing is what allows horses and riders to stay in balance

Slide 51

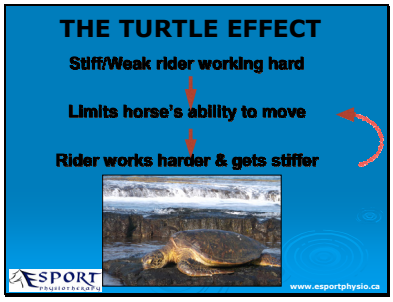


Slide 52



This is referring to global or unnecessary tension. Negative tension.

Slide 53



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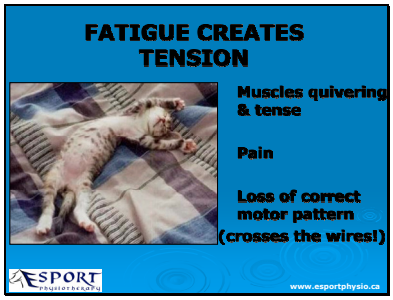

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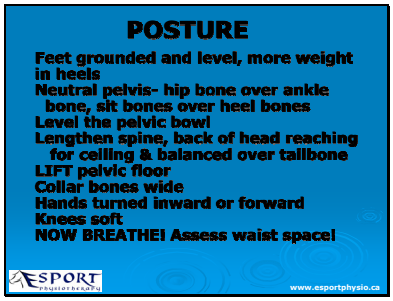

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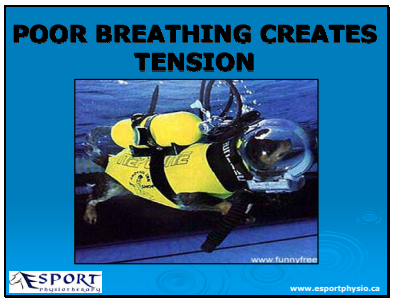

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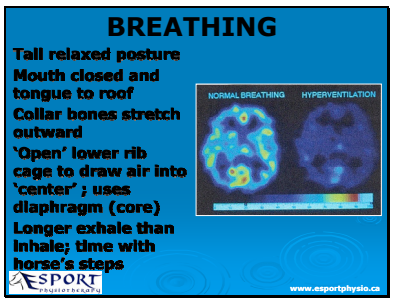

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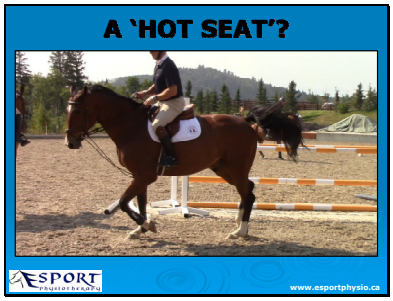


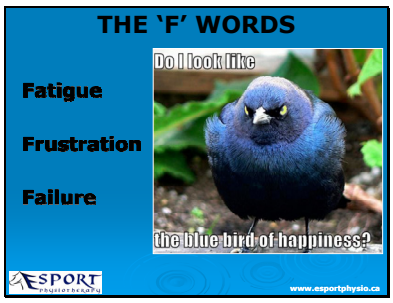
Twisting post is excellent to loosen a rider up but also to allow them to determine which leg is tighter and in what direction (as sit sitbone to the middle, one thigh rotates outward and one rotates inward). A good self awareness exercise.

This rider is not a butt clencher but holds a lot of tension in his seat and thighs…he has been told he has a hot seat, but has never had tools to correct it.

Slide 59

This rider is a typical novice rider, gripping her legs and pinching her knees, heels often coming up as a result. Not all horses tolerate 'ragdoll', but surprisingly many love it, especially the 'lazy' ones.

Slide 60



Slide 61

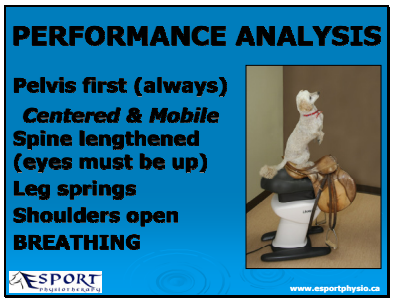
Slide 62

The outside of a circle gives much more information than the inside. In front or behind are useful for specific tasks.

Slide 63

Slide 64

Slide 65



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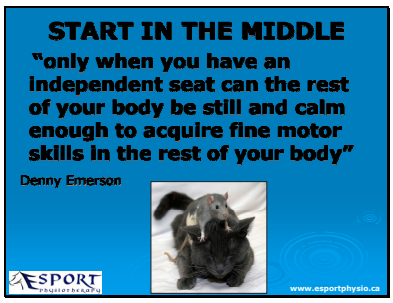

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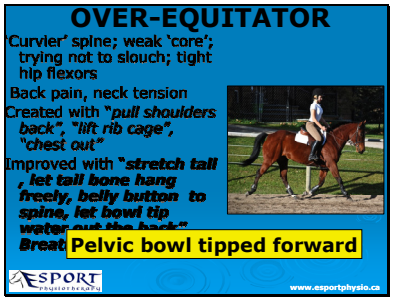
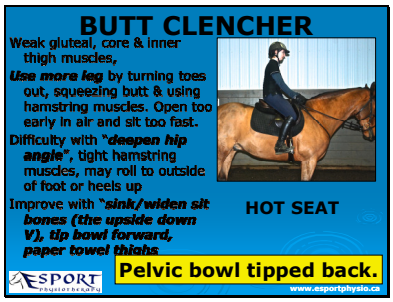


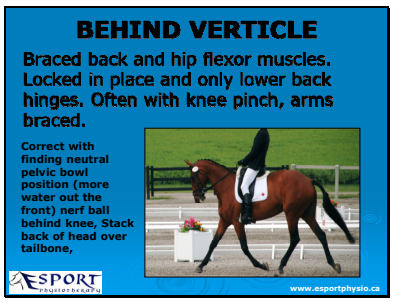
Horse never truly rounds and softens because the rider is stiff.

Slide 68



Horses often resent the pressure on the back caused by the rider being behind their center of gravity and the pressure down on their back. Jumper riders get bucked off after the fence.

Slide 69



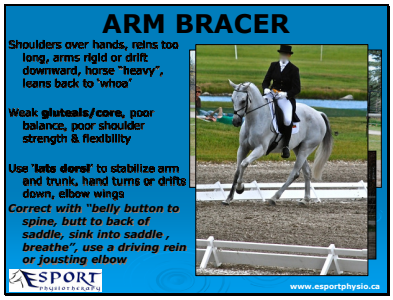
Slide 70

This rider started with a significant butt clench that she was able to correct with some cuing. Maintaining positive changes is the hardest in transitions and if the horse is inconsistent.

Slide 71

Weak glutes to control upper body and tight hamstring muscles often go together.

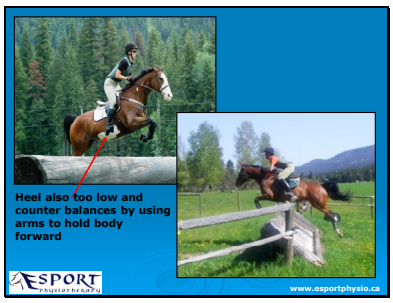
Slide 72



Jumpers- horse frequently stops before the fence, rider prone to falling off as they are holding too much tension higher in their body and are not malleable. Arm(s) stiff and/or drift out or down, hands turn down; **horse blamed for having a hard mouth-** driving rein breaks up the pattern of the lats pull

This may be one sided in which case the rider may be a twister (i.e. a pelvis issue)

Slide1



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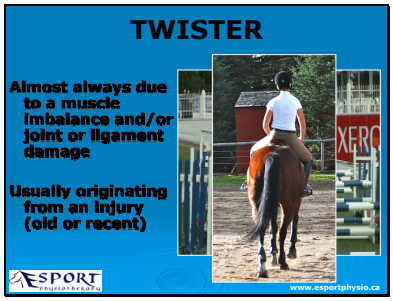
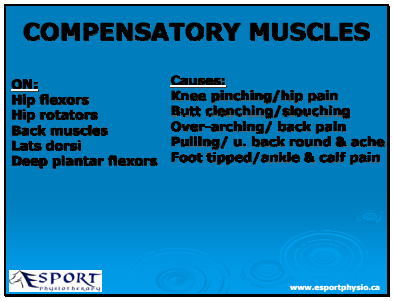


The main problem with being a rider is that they fall off and **sustain injuries that once they aren't painful, go undetected** Although riders aren't the only athletes prone to falling, our subsequent **asymmetries affect the horse's ability to perform quite profoundly**

Slide 3

Slide 4

Slide 5



Slide 6

Slide 7

Slide 8

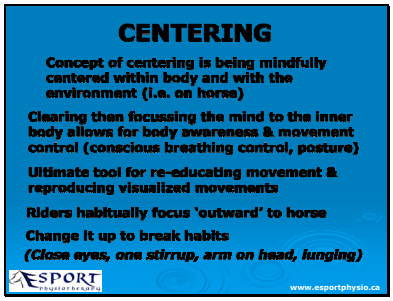
If hip flexors are tight, often because of weak glutes, the back muscles need to work much harder. Back pain ensues.

Slide 9

78% of hunter-jumper riders have lumbo-pelvic -hip pain. 77% of those were due to a fall. The majority of these injurious falls were when riders were novice and riding over fences at the time.

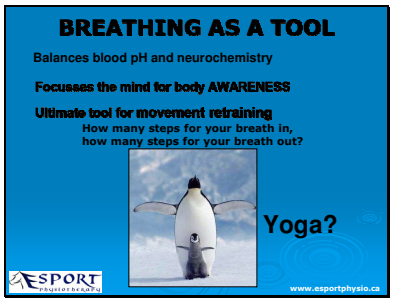
Slide 10

Slide 11

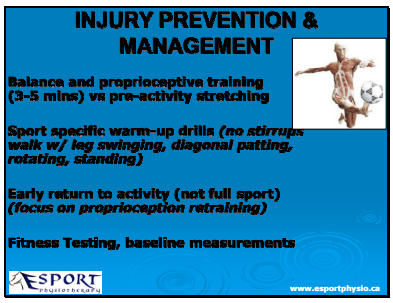


Coaches learn and encourage techniques to have riders focus inwards- closing eyes, change the movement (no reins, lose one stirrup), encourage feel through thoughtful cuing.
The best athletes do this the best, the best coaches teach this the best

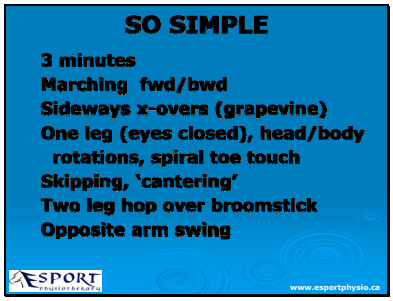
Slide 12



Slide 13



Slide 14



Skipping is a highly touted exercise for fitness and training the brain via contralateral stimulation, Excellent for riders

Slide 15

Slide 16

Balance, strength, coordination

Slide 17

Think of flexibility as ease of movement in the required range of motion. Goal is to release tension, not to become Gumby.

Slide 18

Slide 19

Ultimately riders need to respond to intrinsic cuing…feeling within. Extrinsic cuing can start this process.

Slide 20

Slide 21