



# Rider Symmetry Clinic Details with Andy Thomas

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Feeling wonky? Stiff? One sided? Horse turns better one way than the other ? Half pass marks better one way than the other?

We are amazingly lucky to secure another visit from this gem of a physiotherapist - Andy Thomas - High Performance Human Science and Sports Medicine Advisor to the United States Equestrian Federation - will be visiting to set us all 'straight'

. Having treated and improved riders from the elite Olympian right down to me (Christine), he has the unique ability to know exactly what part of your body is 'locked', how a riders body reacts to being in the saddle, how it compensates for injury and asymmetry and best of all how to make it function again.

If you suffer from lower back pain, stiff hips, tight shoulders, asymmetry then you must come along to this clinic. If you notice that your boots or gloves have an uneven wear pattern, your stirrup leathers are different lengths or leave uneven grooves on your saddle, you must come along to this clinic.

## Who is coaching this clinic?

**Andy Thomas, MCSP, HCPC**

Testt® founder and Chartered Physiotherapist, Andy Thomas, has held the roles of High Performance Human Science and Sports Medicine Advisor to the USA and GB Equestrian Teams Andy has a wealth of experience second to none including attending 3 Olympic Games, 4 World Championships and 12 European Championships.

## What is this clinic good for?

- Any rider wanting to improve their position
- Increasing your body awareness

## What should I be able to do, already, to get the most out of this clinic?

- Ride in walk trot and canter
- Able to ride a circle 20m

## What will we do?

The format of the session will be:

- Andy will watch you ride some simple movements, like turn down the centre line, transitions up and down, 10m circles.
- You will then dismount and Andy will make some adjustments to you via physiotherapy techniques, clothed. If you don't have someone with you to hold your horse, there will be someone there.
- You will then remount and see the difference in your riding and the effect on the horse. Andy will also use several tools while you are riding that will work to engage the right muscles and to give you body awareness. You will leave with some follow up exercises so that you can continue to focus on your weak areas.

## **What will I get from the clinic?**

An awareness of your body symmetry and the key muscles that allow you to be a balanced rider.

Exercises to 'switch on' key riding muscles.

## **Can I stay over?**

If you wish to stay overnight there will be an additional charge of £10 a night per stable. If you would like to stay over in your transport - hook up is limited but available (£5 a night), and we have a shower and toilet on site.

There will be a base shavings bed and an automatic drinker. You are responsible for mucking out the stable and it should be left as found. The stable door and bars will be disinfected with a long acting product prior to your arrival.

The stables are London boxes and they have open bars between them, so please let us know if you have a stallion.