

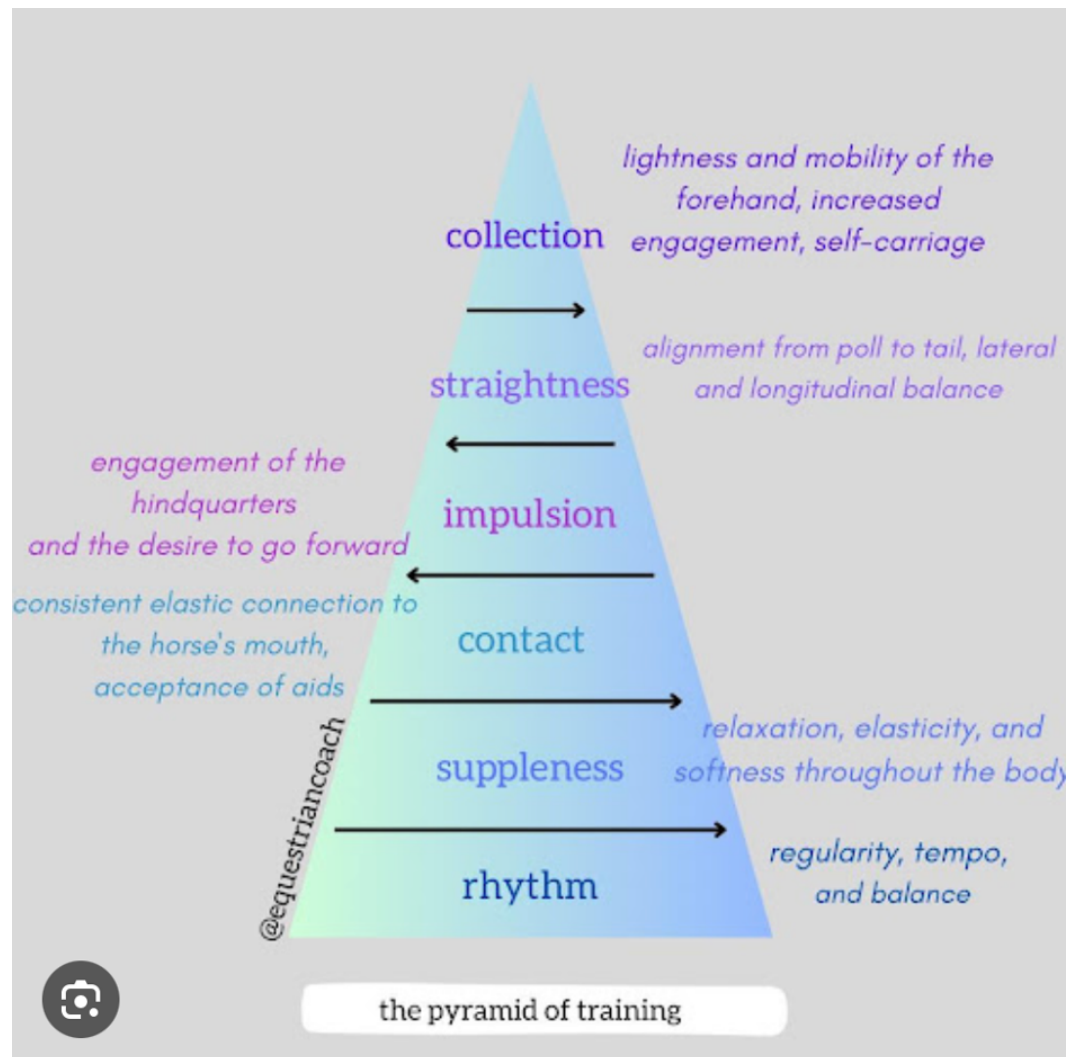


Injury Prevention and Maximizing Performance for Both Horse and Rider

Key Principles:

1. Flexibility
2. Strength
3. Balance

The Pyramid of Training/The Training Scale



LOCATED WITHIN VERTEX PHYSIO
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Rhythm

Stay in motion with the horse so you can keep the horse flowing and allow them to stay balanced. Work with the horse.

Suppleness

Stiffness will block the horse's movement. We want to keep the energy flow going through the horse.

Connection

Hands and elbows soft. Good posture and position in the saddle help maintain connection without blocking the horse and making them stiff.

Impulsion

Ride with intention and forward motion in mind.

Straightness

If you're crooked, your horse will be crooked!

Collection

You need an elastic seat and joints that move with the motion and power of the horse under you. Maintaining a good posture helps your horse move efficiently and beautifully.