

Centaur Biomechanics

Rider Biomechanics CPD Day for Professionals

Registration	09:00 – 09:30
Introduction	09:30 – 09:45
<p>Theory Session to Cover:</p> <ul style="list-style-type: none"> • Rider Biomechanics – the equestrian athlete - form and function. • Different riding styles and their effect on equine locomotion. • What effect does the saddle have on the position and function of the rider's pelvis? Key things to look for. • Activating the rider's Gluteus Medius muscle: what effect does this have on saddle kinematics, equine locomotion and rider position? • What effect does rider asymmetry have on equine locomotion? • Rider Laterality and Equine Laterality: its effect on health and performance. 	09:45- 13:30
Lunch Break	13:30 – 14:15
<p>Practical Session to Cover:</p> <ul style="list-style-type: none"> • Ridden Assessment 1 – Quantifying horse and rider biomechanics • Ridden Assessment 2 – Rider Biomechanics - Dressage • Ridden Assessment 3 – Improving the asymmetric rider • Ridden Assessment 2 – Rider Biomechanics - Jumping 	14:15 – 16:30
Summary	16:30- 17:00 Approx.