



## Rider Biomechanics Specific – Biomechanics Course

With

Dr. Russell MacKechnie-Guire, Centaur  
Biomechanics, Saturday 19<sup>th</sup> September

This one-day rider specific biomechanics course will provide an insight into rider biomechanics, rider asymmetry and the influence that the rider has on the horse.

This course will be balanced with theory and practical sessions and will include:

- 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.
- Rider physio intervention: 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.
- Use and application of technology to help riders improve.

Theory sessions will be supported by practical sessions, working with riders demonstrating ways to evaluate and improve rider symmetry and helping riders to become a more effective riders.

Cost: £110:00 Plus VAT = £132:00

To Book: [www.centaurbiomechanics.co.uk](http://www.centaurbiomechanics.co.uk)