

## **Centaur Biomechanics – Rider Biomechanics Session**

### **Clinic Pack and Frequently Asked Questions – Rider**

#### **Q. What's included in a Centaur Biomechanics and Performance Clinic?**

Each session lasts 1 hour and 30 minutes and includes four key components:

- **In-hand gait analysis:** Using advanced gait analysis technology (Sleip), your horse's movement patterns will be measured to objectively identify subtle asymmetries, even ones that can be hard to see with the naked eye.
- **Off-horse biomechanical assessment:** The rider's function, range of motion, strength, stability and body awareness off the horse will be measured. This is useful to understand how the rider moves on their own, without the influence of the horse.
- **Ridden biomechanical assessment:** In walk, trot and canter, how the rider and horse interact together, including saddle effects, will be measured. This gives a complete picture of how movement patterns in both the horse and rider influence the other.
- **Analysis and feedback:** By combining all three elements and using slow-motion technology to provide immediate insight, the rider-horse-saddle interaction is reviewed in detail with the rider. This part of the session brings everything together, allowing the rider to clearly see and understand the findings and how they relate directly to their riding performance and goals.

All findings and exercises are uploaded to your online portal, with clear instructions so you can begin working immediately.

#### **Working with your team – creating conversations**

One of the biggest advantages of our clinics is that with one click, all reports and videos can be shared with your home support team such as vets, physios, coaches, saddle fitters or therapists, allowing for a coordinated approach to improvement.

**Q. How much does each session cost?** £130 per session incl VAT (travel charges may apply).

**Q. How long does a session last?**

Sessions last 90 minutes and run back-to-back. Your clinic host will provide you with a session time. Please arrive in good time.

**Q. Do I come prepared for riding**

Please arrive at the arena with your horse tacked up and ready to ride. If you would like to warm up beforehand, this may be possible subject to arena availability, please check with your host.

For the in-hand gait analysis session, you will be required to trot your horse up. Please ensure that you are able to run in your riding boots, or bring suitable alternative footwear.

### **Q. How should I pay**

For all clinics, the clinic host is responsible for organising payment to Centaur either via BACS or cash.

### **Q. Can we pay via BACS or card?**

Sadly, due to the volume of riders, riders are unable to pay individually by BACS. Card payments or Apple pay is not accepted.

### **Q. What happens if I don't turn up?**

All cancellations on the day including "no shows" will be charged a full session fee.

### **Q. Should horses be warmed up?**

It is advised, for horses and riders to be mildly warmed up.

### **Q. What should I wear?**

Riders should wear light breeches, long boots, gloves and a correctly fitted hat. Riders will be asked to wear a Visualise Training Jacket, which helps highlight positional weakness. Please ensure that hair is tied up or a hair net is used.

### **Q. Do I have to complete any forms/paperwork?**

All riders are required to register with Equigait using the provided QR code and link. Upon registering, you will complete a short questionnaire.

For enquiries and bookings with Dr Russell follow these simple steps:

**Step 1 - Download Equigate (App or Play Store) for FREE and create a client account**

**Step 2 - Add your animals in the "My stuff" section**

**Step 3 - Add your address**

**Step 4 - Come back to this message and scan the QR code**



**Q. Can I bring my trainer, Physio and saddler?**

We welcome a “team approach”, in all cases, coaches, physios, and saddle fitters are welcome.

**Q. Do I need to bring my horse?**

All of Centaur’s sessions require your own horse.

**Q. Do we need to provide refreshments and lunch?**

Refreshments and lunch are always appreciated, however, it is not expected.

**Q. How do I secure a date?**

For all bookings, please email the office, and you will receive a selection of dates. These dates will be held for one week. Please ensure that you let the office know if you would like one of the dates, as after the holding period, the dates will be released.

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