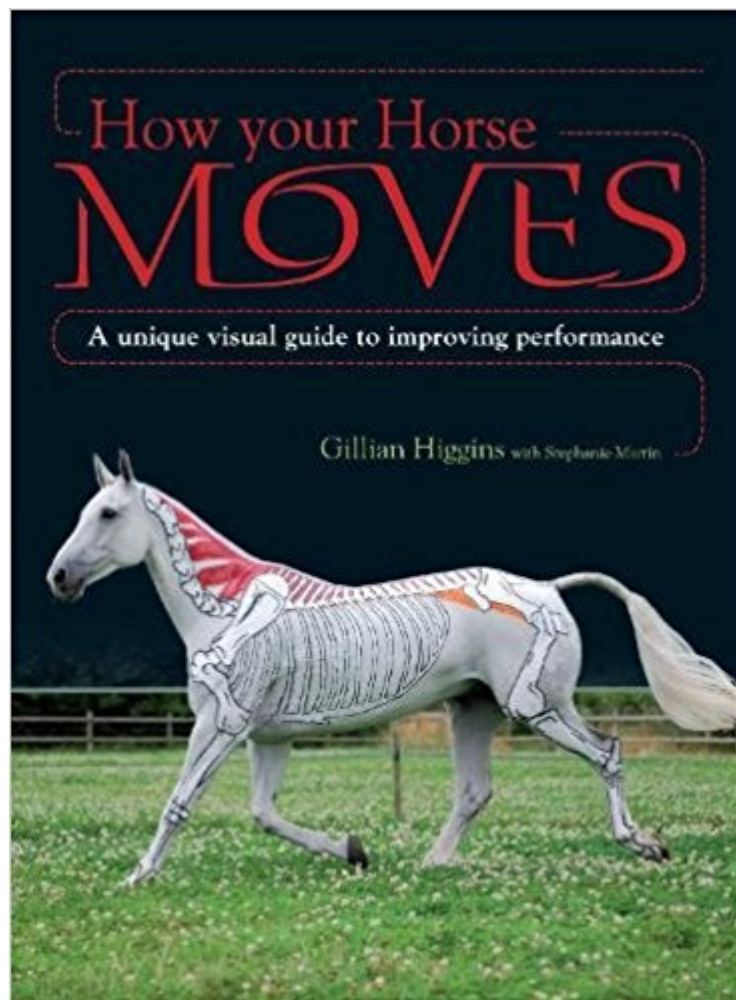




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How Your Horse Moves: A Unique Visual Guide To Improving Performance



Synopsis

Take a Fresh Look at Equine Anatomy and Biomechanics with This Graphic Guide to How Horses Move, Presented from the Inside Out Understand how bones and muscles work together to produce movement by seeing the musculoskeletal system painted on a real equine canvas Discover how correct riding and training can bring out the best in your horse - increasing fitness, strength and balance—by seeing exactly what happens as he moves Practical exercises and stretches demonstrate how you can improve suppleness, reduce the risk of injury, gain confidence and develop a deeper rapport with your horse

Book Information

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Average Customer Review: 4.7 out of 5 stars 27 customer reviews

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Customer Reviews

Gillian Higgins is a professional equine sports therapist with her own equine massage and manipulation business. She has a first class Equine Business Management degree and holds qualifications in human sports and remedial massage. In 2006 she began a lecture demonstration programme, Horses Inside Out, to great acclaim. Gillian lives in Gloucestershire.

This book is a good addition to my library. I did find it to be just a little... disjointed at times. I kept an anatomy book handy which helped to enhance what the author was trying to say. I am glad I have it though.

This should be in every competitive barn it really shows how the muscles work and extremely

helpful when using laser therapy on your horse

A beautiful, well put together book. For a thinking horseman, it is a huge help to understand how the muscles, tendons, ligaments, and skeleton work to make movement. One can better visualize what's going on with the horse and how to implement a customized training program for his unique structure.

Another book all riders should read to understand your horse's body and how they move. Some nice stretches included in the text too

Fantastic book!

I gave this book to my riding buddy, who is also in the medical profession (for humans) - I knew she would love the detail and definition presented in this book, and she did, does!

This is a great book!!!! It really helps to get a picture of what bones and muscles are doing as the horse moves. I would recommend this to anyone that has an interest in horses.

This book is very thorough. Thank you for putting it together. I like the gentle approach to handling horses with their biomechanics in mind.

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