



F&I Study Day – Scotland – Monday 26th September 2022

Netherton Equestrian, Perthshire was the venue for an excellent day of interest and education for a large number of Scotland's coaches travelling from far & wide to attend, some as far as 3 1/2hrs away. There were also other physios attending, plus owners, riders, judges & other interested parties.

Netherton was chosen as the venue primarily for its central location in Scotland and with such easy access, just off the motorway near Perth. The indoor arenas are also just beautiful.

Three mounted police officers also attended. Their car wouldn't start in the morning, so they just took the truck!



We had four Physiotherapists - Anna Armstrong, Lisa Marshall, Caroline Frew and Maeve Sheridan – who worked with six “guinea pigs” - Richard, Kirsty, Liam, Jackie, Millie and Carly. Together they showed us how the two could work together to the benefit of both rider and horse. The guinea pigs were on a variety of horses and themselves a variety of ages and capability.



All the physios were registered, fully insured & qualified. Jen commented how we should encourage our clients to use registered & insured practitioners, just as we want to protect our profession & clients by promoting fully insured & qualified coaches.



Maeve Sheridan is an ACPAT Chartered Physiotherapist based in Edinburgh who specialises in the assessment and treatment of horses and riders. After over 20 years of assessing and treating riders and seeing similar issues over and over, all relating to the rider's seat, Maeve started Activate Your Seat in 2019. <https://animalphysioplus.com/activate-your-seat> .

BSc (Hons) Physiotherapy PgDip Veterinary Physiotherapy MCSP, HCPC, ACPAT Cat A, RAMP.



Anna Armstrong is based in North Aberdeenshire & has her own business Armstrong Physiotherapy <https://armstrongphysio.co.uk/>. Anna enjoys rehabilitating horses and riders from injury and helping riders feel more comfortable and confident in the saddle. Anna also runs Pilates classes face to face & online, including specific rider classes

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Lisa Marshall BSc Physiotherapy, MCSP from Perform Physiotherapy has been a Chartered Physiotherapist for 32 years. Lisa is a Franklin Method Equestrian Ball certified trainer incorporating Franklin Method principles & balls into physiotherapy sessions to help riders be more aware of their own movement & how that influences their horse.



Caroline Frew has been a Chartered Physiotherapist for 17 years. She has worked in a wide range of clinical settings but for the past 10 years has specialised in the treatment of musculoskeletal conditions /injuries. As part of her role with Perform Physiotherapy she enjoys doing mounted & dismounted treatment sessions with horse riders of all levels & disciplines.



Both Lisa & Caroline work with Tara Forrest whose company is Perform Chartered Physiotherapy <https://www.perform-physio.com/> . They are a team of Chartered Physiotherapists based in Aberdeenshire providing Physiotherapy for all conditions:

- Musculoskeletal Conditions - Orthopedic rehab, chronic pain, sports injuries, back pain.
- Neurological conditions - Stroke rehabilitation, Parkinson's disease, Multiple sclerosis.
- Equine Physio - Performance management, Injury rehab.
- Rider Performance - Specialising in horse rider symmetry to improve performance, rider rehab following injury.

All the physios are also active riders which really adds to the insights they can bring.

Julie Hanna from BHS Scotland brought a BHS book stand which made several sales during the day. BHS Scotland also provided the projector, screen and most importantly the urn, tea & coffee for the day. Thank you Julie for that.



The first session was **Maeve** working with **Richard**.



Richard Johnston-Smith is a Scottish-based coach, he attained his BHSI in 2017 and is currently completing his BDCC Level 3. He rode De Niro's Debonair, who he competes in both affiliated dressage and eventing. Richard enjoys coaching individuals of all levels on the flat and over fences.

Anna with Kirsty.



Kirsty Finnie is a BHS Stage 3 coach and is keen to keep progressing with her BHS career pathway. "I have a weakness down my left side that ends up with me being very fixed down the left rein. This is particularly obvious when I'm doing lateral work and feeds down into the horse to affect their way of going. I would be keen to have exercises on & off the horse to work on to try to improve this". Jonesy is a 13 year old Welsh Section D and Kirsty has owned him since he was a 4 year old. They do a mix of flat showing, working hunter and British Dressage.

Caroline with Liam.



Liam Skea has worked at Aberdeen Riding Club for nearly 4 years. He currently holds the BHS Stage 3 complete and is working towards the Stage 4. Millie is a 16.2, 8yo, sports horse. Liam competes in dressage, eventing and show jumping. Liam had a bad fall when he first got Millie which resulted in a broken shoulder & dislocating his shoulder & collar bone, requiring surgery. With the help of a physio he has now managed to get back riding and working to full strength without any problems. As a result, Liam understands how beneficial the work of physios can be.

The physios had a short session speaking with their "client", finding out about any issues they had before asking them to go and ride in the arena so that their physio could watch some work. All the riders wore the "T Vest" to make everything clearer. And we saw the riders working in straight lines and curves away from and towards us throughout.

Jen encouraged everyone to get out of their seats and move around. We could also move up the long side of the work area to get a different viewpoint.



After this, physio and client talked about their issues and what each physio had seen before parting from their steeds and taking to the physio's couches for some actual physio. During all of this the delegates were involved in watching, listening and asking questions.

The physios worked on the parts of the riders' bodies that they felt needed attention.

When this was completed the riders returned to their horses and rode once again to see what, if any, difference had been made. In all, without exception, a difference was shown particularly in the horse. Yet the horse didn't receive any physio, it was purely work on the rider. It was clear to see how much the horses appreciated the work that had been done to their rider.

- Richard gets pain in right hip when working this horse. After work with Maeve he was able to develop his work with Debonair pain free.
- Kirsty locks & is heavy & rigid in her left arm. Anna identified where this was coming from (seat & hips), leaving Kirsty riding much softer.
- Liam had developed strategies to help him balance. Caroline's work got him much deeper in his seat so he worked with his horse Millie.



An excellent sandwich lunch was provided.

While we ate our lunch a super power point presentation was given by Maeve on The Role of Rider Physio, Rider Asymmetry, Rider's Effect on the Horse, and Common Rider Issues eg Collapsed Hip, Collapsed Pelvis, and impaired flexor functions amongst others.



Maeve finished her presentation with a section on the hot topic of "Rider fitness".



Our second section had **Maeve** working with **Carly**.



Carly is a Stage 3 coach, Masterson Method practitioner & equine sports massage therapist. Carly has diagnosed arthritis in her neck & possible arthritis in lower back & has had various steroid injections. Colonel, 10yo, 16.1 ex racer, currently competing at Novice dressage & building confidence jumping.

Anna with Jackie.



Jackie Henderson says she is a typical "older riding club rider" and does a bit of everything on Cyprian. "I'm generally stiffer than ideal & my hips are beginning to pack up. A biomechanics session 18months ago also highlighted that I collapse my right side unless I remember to stretch. My horse is an ex show jumper, working at Novice dressage. He reacts to any tension in the rider by tossing & shaking his head, and himself has some sacroiliac stiffness."

Lisa with Millie



Millie is a 14 year old junior Showjumper who has competed at both National and International level. Yolo is a 11yo 148cm gelding, and Millie has recently started seeing Caroline Frew in the studio in Aberdeen to help sort some minor problems with herself.

The three physios worked their way forward as in the first session but with different issues on the riders.

Again the riders were then taken to the physios' couches to be "worked on", some finding this quite painful at times but knew it was necessary.

Throughout the day the Physios all made the same point, that as "athletes" which is what riders are, they must "warm up" themselves, as well as the horses.

Jen commented that perhaps these physio sessions are something that we, as riders and coaches, should invest in, so that we can talk first hand to our clients of the benefits, to us and to our horses.

It was so clear to everyone's eye the differences that were being made to the riders & to the horses' way of going.

- Carly had been riding quite rigid as her body was trying to protect itself. Maeve did a lot of quite intensive work with Carly. Her horse moved like a different animal once Carly got back on & Carly said she felt 3" taller!
- Jackie was similar to Carly, her body battling painful areas. After working with Anna, Jackie looked much more flexible. Her horse if a little stiff as an older boy, but he was also much less resistant with Jackie being more flexible.
- Millie was a challenge for Lisa being very discipline specific. Millie had a bit of fun experimenting with therabands & Franklin balls. She has been given some homework (like all the others) and her parents plan to following this up with Perform Chartered Physiotherapy.

Thanks were made to The Wilkie's of Netherton Equestrian, of course to our physios and to our fantastic riders, some of whom had travelled up to 2 1/2hrs with their horses as they wanted to ride at this day. Jen said it was great to have riders who were prepared to talk so we could get their feedback as well as coming to our own conclusions from what we were seeing.

The physios were each presented with a bottle of "Jen's Jin" and Richard Johnson Smith thanked Jen for putting on the day & presented Jen with a thank you bottle too.

Everyone who attended this lecture demo will have enjoyed a unique day of great interest, and I'm sure will have gone home having absorbed a lot of knowledge - I certainly did!

Liz Rennie BHSI