

CORE CONTROL FOR RIDERS..

HOW WE HELP YOU MAKE IT HAPPEN!

Core Equestrian will work with you independently or in small groups.. Our sessions develop riders' postural awareness; we show you how to activate core and postural muscles and then to enhance their strength and endurance. Simultaneously, we show you how to switch off tight "busy" muscles. We link land-based exercises with riding scenarios – basic seat, transitions, lateral work. The focus is on the correct sequence of muscle activation so you learn to develop a tension free balance when dynamically challenged (by the momentum of your moving horse). The rider can now focus entirely on his horse as repetition of correct sequence of muscle activation ensures core stability is centrally imprinted. We support the floor sessions with on horse video analysis. On horse sessions can be arranged at any stages in core training.

CORE CONTROL... WHAT'S IT ALL ABOUT?

In the context of riding, core control is the ability to use deeper muscles of your trunk and pelvis and other postural muscles for an extended time to produce and maintain ideal position. Poor core control is not simply a case of weakness of one (core muscle) component. Everyday living and injury change the way we use all our muscles. This alters the structure of muscles and further impacts how we use them. Core control and postural change is about learning to active postural muscles in the correct sequence while keeping significant other muscle groups relaxed until they are required.

“Good, tension-free posture is the key to good riding; it permits relaxed balance and ease of movement.”

Posture, good or bad, is the result of the relative position of adjacent joints and body segments. A disparity in the sequence of muscle activation and the relative pull of muscles on bones will cause posture (riding position) to deviate from ideal. There are a few people who have skeletons with structural change. The bony anomalies cannot be changed simply by training core control and muscle balance; nonetheless riders that fall into this category can still develop core control and work within their skeletal restrictions to create near to perfect static and dynamic postures.

Muscles may be broadly classified into postural and mobilising types: postural muscles are shorter and can maintain low grade tension for long periods of time; they are perfectly designed for postural work. By comparison, mobiliser muscles are longer and rapidly contract to maximal tension but cannot maintain this force over time. This construct makes them ideal for producing movement.

“By learning to activate postural muscles ... beautiful more effective riding becomes possibility for everyone.”

The way we use our muscles can change. Injury and poor posture encourages postural muscles to become longer. They can then no longer create the low grade tension required to stabilise adjacent parts. Mobiliser muscles tighten when used to maintain poor posture. They are activated earlier in a movement sequence and soon override postural muscles. Both static (riding position) and dynamic postures (position on a

moving horse) are changed. Balance and independence of seat are lessened; compensations such as tension, twisting, gripping and fixing creep in. This has various knock on effects to the horse's way of going and to his interpretation of rider aids. Unless challenged, any pattern of muscle recruitment and movement, correct or incorrect, will persist. It becomes automated - programmed into the brain.

Core training develops core and postural control that results in tension-free balance. By learning to activate postural muscles and progressively challenging the sequence of muscle activation beautiful more effective riding becomes a possibility for everyone.