



AB Physiotherapy Services

Horses & Riders

0407 300 402

AB Physiotherapy Services for horses and riders

Newsletter no2.

August 2020

Welcome to newsletter number 2.

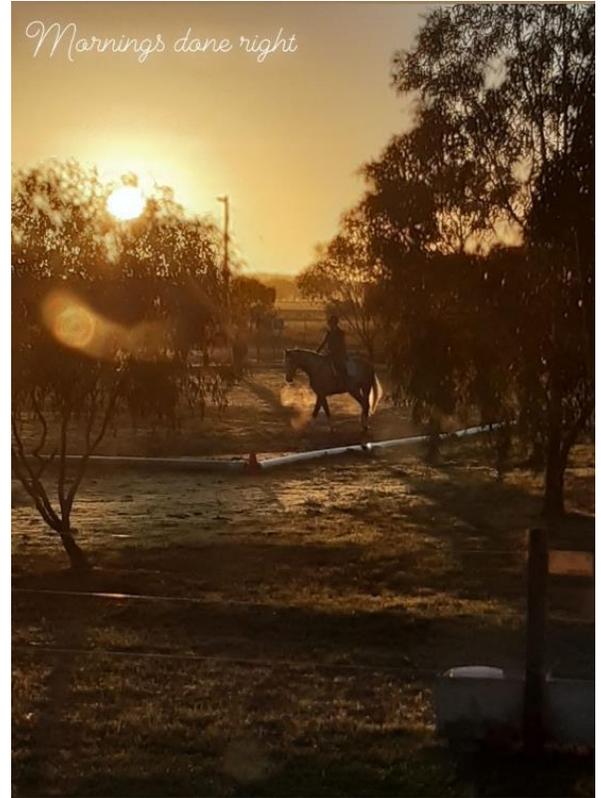
Thank you to everyone who has supported me over the last few months as our states Covid-19 restrictions have gradually lifted. I particularly enjoyed sharing some horse health knowledge with all the enthusiastic pony club kids at the Eastern Zone Camp. Some of you pointed out that in the first newsletter I mentioned we have a foal but I then didn't include a photo. My apologies, here are several photos of Master Ruben who is now 9 months old by Primrose Court I'm So Special and his mother Ruby (aka Malibu Miss).



Happy horse's birthday for 1st August, and fingers crossed for anyone expecting a foal soon. Jessie has been exploring other talents including talking at the Agricultural Women Wheatbelt East (AWWE) group and on Sportsfm Talking Horses. But hopefully the farming program will allow her to get back out showjumping soon.

Morgan has been kept busy coaching adult riding club and after much anticipation is enjoying time at home riding her young horse Max.

Best Wishes from, your local qualified professional in Veterinary Physiotherapy.



But first a cartoon ...

Fergus BY JEAN ABERNETHY



Word of Mouth

As a small business, in a rural area, word of mouth referrals and personal recommendations are important to help the right clients find me. Do you know someone else who could benefit from my services?

Feel free to forward them this newsletter. If you feel their horse would appreciate some assistance, be their voice and steer their owner towards a professional. I have 'refer a friend' cards you can hand out, or there are lots of ways online you can pass my contact details on. If you feel uncomfortable directly suggesting Physiotherapy to an acquaintance you could just:

- suggest they like/follow my fb page and send them a link
- share or tag them in one of my blog posts
- the next time you share a cute photo, achieve a goal, have a nice ride, or win a ribbon... simply tag me on facebook or add a hash tag like #abphysiotherapyservices #equinephysio #riderphysio #horsephysio #abphysio4horseandrider

What you do everyday ...



What you do everyday matters more than what you do once in a while. Form some good habits. Stretch everyday before you ride. Suppleness applies to riders as well as horses. This photo shows a hip flexor stretch great to do before getting on, especially if you do a lot of sitting at a desk or driving, hold each side for about 30seconds. #supple #goodhabits Follow [AB Physiotherapy Services on facebook](#).

Horse Life Hacks

Tips for the good life from our equine companions.



Ruben says, ***“You can have breakfast in bed every day, ... if you lie down in your breakfast!”*** (11th June)

Lucy and Truie report ***they can get their athlete to do a pre-ride warmup by playing catch me if you can!*** (every 2nd day netball and tennis season – right coach?!)



Max says, ***“Doing equi-yoga every morning is the path to suppleness”*** or does performing downward dog just get your canine friends to play with you?!



Pole Work Parts 1 and 2.

Revisit some old blogs to remind you of the principles of strength training.

[Part 1: The Importance of Doing Pole Work Well](#) and

[Part 2: Common Problems and Corrections](#). Some tips to help solve common problems that occur during pole work such as slowing down, rushing, drifting or not stretching down.



Newsletter Bonus

A little bit of Physio4Riders just for you my loyal newsletter readers.

Back balls, also know as peanut balls, can be purchased in a variety of styles, soft, firm, spiky, small, large, or you can make your own from 2 tennis balls firmly strapped together with electrical tape. They fit nicely along the spine, to apply pressure to the muscles either side without touching the bony spinous processes down the center. You can use them statically – position on the tight muscle and lean against the wall, chair, floor (can use in the office or the Ute). Or you can use them dynamically and roll either against the wall by doing a squat or on the floor by doing a bridge. You can also use on your calf, hamstrings, arms, any body part really you either lean on it and hold till the muscle softens or you pin a tight spot while you stretch, or you roll up and down, or cross ways like a massage. Keep one in your desk draw, glove box, tack box... Use against the side of the float before riding so your back is more mobile and able to absorb the horse's motion. Or anytime you are aware of a bit of tension building up.



We all get busy, so this quarterly newsletter is simply to prompt you to check in on facebook or website and read some of the blogs you intended to but didn't have time for, plus a few little bonuses just for being loyal subscribers. I try to post something interesting or educational about once a week on facebook. You can find [past newsletters on the website here](#). If you wish to opt out of these newsletters you can do so at anytime by simply following the prompts below.

