



# AB Physiotherapy Services

Horses & Riders

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AB Physiotherapy Services for horses and riders

## Newsletter no3.

November 2020

It is 5 years since I finished my Masters in Veterinary Physiotherapy through the University of Liverpool, so I created a free video on my masters' research project - girthy behaviour and trigger points. In the video I also talk about what you can try if your horse is girthy. If you missed it you can watch it at any time at this link: <https://youtu.be/14Bj1NB3D30>



I chatted with Nicole Tassone from Raising the Standards about the massive physical changes in transitioning from track to hack. To view our talk you will need to subscribe to her program that offers a wealth of knowledge and experience on retraining standardbreds to be ridden horses.

[https://www.raisingthestandards.com.au/standardbred-body-mind-workshop?fbclid=IwAR3oEYew1oDp\\_mkjGdH\\_ReAJb0mDA5z-iaHa76dXJpCk166CXil-JP2A0XA](https://www.raisingthestandards.com.au/standardbred-body-mind-workshop?fbclid=IwAR3oEYew1oDp_mkjGdH_ReAJb0mDA5z-iaHa76dXJpCk166CXil-JP2A0XA)



And much earlier in the year I was interviewed by Ane' Lloyd from Online Pet Health, it was going to be a podcast, then she changed her mind and released it as a video last week - 'gah', actually I've watched it back now and it's not as bad as I feared!

<https://fb.watch/1ID9L0197Q/>



Jessie has had a show jumping bonanza after the covid induced lay off. Even upping the heights and collecting a few rosettes. Plus getting into the spirit of the horse and hound class.



Morgan and Max have been getting out and about, and are awaiting the arrival of a new saddle thanks to Lou Collins – a comfortable saddle for horse and rider is such an important foundation for ease of movement and minimizing issues in the subsequent building blocks of training and performance.



Ruben has been weaned and continues to grow approaching his first birthday at the end of November and his Mum Ruby has found a farm home, where she will be shared by mother and daughter, thank you to everyone who inquired.

Wishing you a Merry Christmas and a peaceful summer.  
From, your local qualified professional in Veterinary Physiotherapy.

But first a cartoon ...



## Horse Life Hack

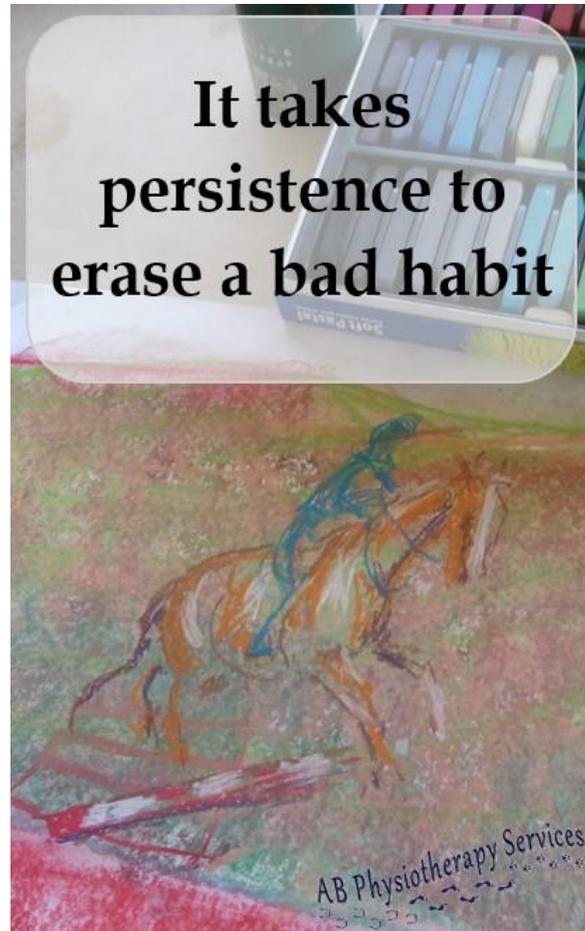
If you haven't got one of those fancy gear cleaning hooks that hang from the ceiling in your tack room, like in those photos of elegant European stables, a horseshoe can be very useful to hang bridles etc on whilst cleaning, and an old tooth brush is ideal for removing jockeys (dried on sweat/dirt).



## Persistence

It takes persistence to erase a bad habit. Keep striving for progress. Whilst 10,000 hours is often quoted as required to become an expert in a topic (about 27 years if you did 1hr a day every day!), it is suggested that 3 weeks of reminders and 90 days of consistent effort is long enough to form a new habit. The key is not necessarily hours of repetition, but shorter periods of focused deliberate practice. So, if some of your goals from the start of the year have been languishing, you might like to look at them, choose a small precise aspect of one and see what you can achieve in the last 6 weeks of this year through persisting and deliberately practicing. Follow AB Physiotherapy Services on facebook.

<https://www.facebook.com/ABPhysiotherapyServicesforanimals>



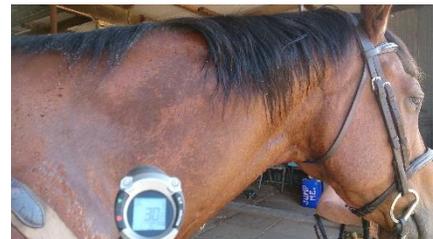
## Hot weather

As the weather once again warms up get into the routine of riding early or late to avoid the worst of the heat, make sure you cool your horse down thoroughly and you might like to revisit my blog Pre-cooling works:

<https://www.abphysio4horseandrider.com/post/pre-cooling-works>

Coming soon - keep an eye out for the next blog which will be looking at the science around using rugs in summer.

Feedback please - if there is a particular topic you would like me to cover in a blog let me know.



## Newsletter Bonus

Too hot to ride – visualise riding instead. Mental rehearsal, virtual practice, whatever you like to call it; if you make it as real as possible it has big benefits. It can improve our confidence, help strengthen neural pathways to form new habits (mental, physical and emotional habits), improving performance and is something we often don't make enough time for.

To get the benefits you can't be half-hearted, you have to make it feel really real. The more detail you add the better; what you are wearing, what you can smell, the temperature, the time of day, a specific location or event, how your body feels, how the horse feels underneath you, the noises you can hear, the people around you, the significance of it, the pressure of the situation, what things make you tense, visualise yourself taking your slow calming breaths and overcoming the tension, visualise your horse spotting a spooky object and you staying focus and successfully riding past it ... You can use mental rehearsal for any aspect of working with your horse you want to improve.

And you can do all this whilst floating in the pool – sweet. I've set myself the challenge of visualising jumping 101 different ditches before Fletch and I next go cross country!



This is the last newsletter for this year. So, wishing you all a peaceful safe Christmas period, I hope you get to catch up with family, and I'll see you on the other side of 2020.

If you don't wish to receive further newsletters follow this link to unsubscribe. (Link)

Previous newsletters can be found on the website here:

<https://www.abphysio4horseandrider.com/news>

