

Dear Equestrian,

Thank you for contacting AB Physiotherapy Services for Horses and Riders.

I have a limited number of appointments available for equestrians, so to save time on the day of your appointment please fill out this questionnaire and email it back to me. Take your time to think about it and answer the questions fully. I can then contact you to make a time for your appointment.

These questions are to make sure you are a good fit for my current services. I work in a niche area with horses and riders (and those in equestrian roles – such as grooms, farriers, veterinarians, coaches...). You will be actively involved mentally and physically during appointments (this is not a passive process like lying down for a massage). You will be involved in creating a rehab plan bespoke to your goals. You will be given an exercise program and homework for between appointments. I'm only a guide; you have to put in the work. If you are just looking for a quick fix, or wanting a massage ... then this service is not for you.

During an initial consult we will chat about the information provided in the form, to clarify and get further detail on your history and goals. Perform some simple movement assessments and tests to find the tissues involved. I'll then explain to you what is happening, what we need to do to get from where you are now to where you want to be and between us, we will work out a plan. Whilst we want to get rid of pain as soon as possible the main focus of the initial consult is finding out the root cause and developing a plan. Subsequent appointments will review treatment, progress exercises and build resilience towards achieving your goal and preventing the pain from coming back again.

With qualifications in Physiotherapy and Veterinary Physiotherapy I can help both horse and rider. If you are booking an appointment for yourself, once we have settled your initial symptoms and are beginning to make progress, I may suggest we do a ridden assessment on the 3<sup>rd</sup> or 4<sup>th</sup> appointment so we can progress you towards your riding goals. If at this time we notice some possible issues in your horse or you are playing off one another then I may recommend we do a full consult and program for your horse too. Vice versa if a course of treatment for your horse is not achieving the desired outcome at the rate expected I may suggest we look at you. Alternatively, we can look at both of you with separate appointments first and then as your issues are resolving look at you together.

Appointments are either at Victoria Farm, or I may travel to you if an appointment for your horse is also being arranged. You may like to have a look at my website and blogs for further information, or my Facebook page for news and updates.

So grab a glass of cool water (or a cup of tea) take your time to read and fill out the form and return by email to: [abphysiotherapyservices@gmail.com](mailto:abphysiotherapyservices@gmail.com)

Pdf – download – fill – click and type – save as – upload/attach to email

Or Pdf – download – print – write – scan – save – upload/attach to email

I look forward to working with you to help you achieve your equestrian goals.

Annette Bowen  
AB Physiotherapy Services for Horses and Riders

