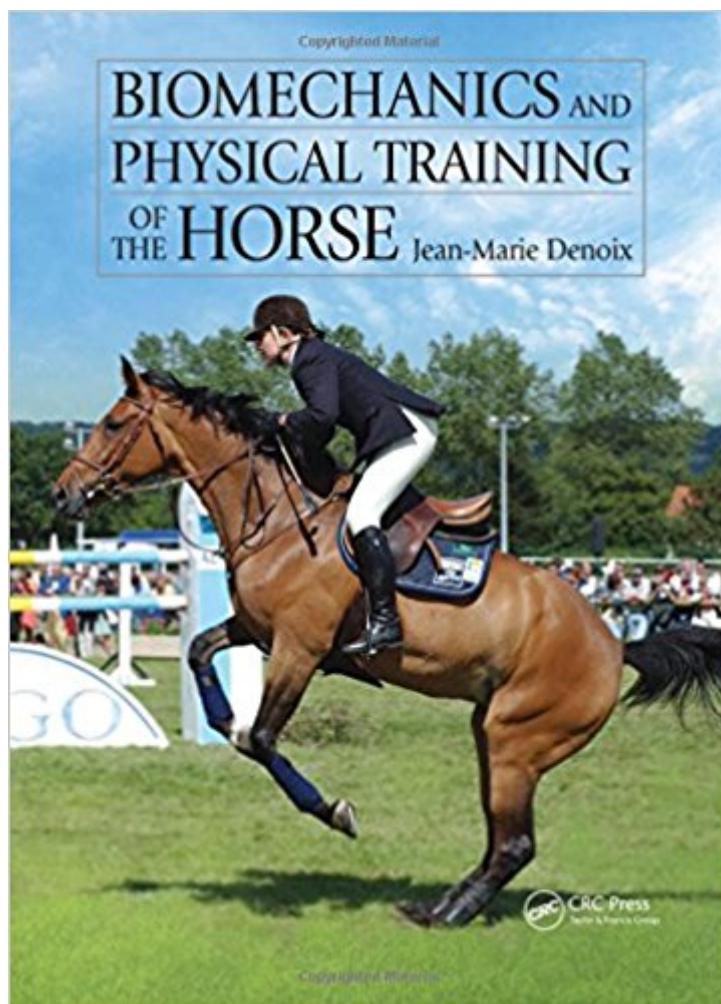


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# Biomechanics And Physical Training Of The Horse



## Synopsis

Effective horse trainers strive to improve the performance of their horses while preserving the integrity of the musculoskeletal apparatus. Biomechanics and Physical Training of the Horse supplies an anatomical and functional overview of the topic, enabling trainers to optimize the different exercises their horses undergo during training and competition. Following a brief description of the biomechanics of the muscles underlying equine movement, the book discusses the muscles of the forelimb, hindlimb, and neck and trunk. These fundamentals have direct bearing on the later chapters, which focus on training and the core exercises for a horse. This text is illustrated throughout by the author's top-quality photographs, diagrams, and his own beautiful anatomical drawings. The book is of lasting value to all professionals and well-informed amateurs who work with horses: veterinarians, trainers and riders, researchers, physical therapists, and educators in equine courses.

## Book Information

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## Customer Reviews

"A herculean effort at illustrating the movement of the horse with photographs and color-accented line drawings of active muscle groups. The artwork, photographs, and color used in the book are brilliant and serve readers and author well." Jonathan Hale Foreman, DVM, MS, University of Illinois College of Veterinary Medicine for Doody's Review Service

The ideas presented in this book cast new light on the best ways of training and exercising the horse

in preparation for competition, and to aid rehabilitation following injury, by focusing on biomechanics and precise anatomical analysis. Dealing mainly with the movements and exercises most frequently used in equine sports, the book answers the needs of trainers and riders seeking to improve their horses performance and physical fitness by maximising the potential of the horses entire musculoskeletal apparatus. Following a brief description of the biomechanics of the muscles underlying equine movement in general, chapters discuss in turn the muscles of the forelimb, the hindlimb and the trunk. These fundamentalshave direct bearing on the later chapters: a biomechanical analysis of specific exercises designed to optimise the performance of the sport horse. Biomechanics and Physical Training of the Horse is illustrated throughout by top-quality photographs, diagrams and the authors own beautiful anatomical drawings. The book will be of lasting value to all professionals dealing with horses: trainers and riders, veterinarians, researchers, physical therapists, educators on equine courses. Key Features Describes and explains the fundamentals of equine anatomy and biomechanics. Applies basic concepts to optimise the performance of competition horses and aid rehabilitation following injury. Top-quality colour photos, diagrams and anatomical drawings. Author is a worldwide authority on equine anatomy, biomechanics, imaging, and diagnosis of lameness. He is a rider and a trotting driver.

Excellent!

Great discussion and images of how the horse moves. Recommended for veterinarians and veterinary students as well as trainers and riders

Awesome

Very helpful in determining the usefulness and bio-mechanical benefits/drawbacks to certain movements and exercises. Great description and illustrations. Should be in the library of every person interested in understanding the physiological basis of why they use certain exercises in the training of their horse.

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