Positively
DRESSAGE
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Applying Rider Biomechanics to Adaptive Riders PATH Region 7 Conference February 21, 2025.

What is biomechanics?

- The study of the structure, function and motion of the mechanical aspects of the body
- In sports, the muscular, joint and skeletal actions of the body during the execution of a task/skill/technique
- The intersection of kinematics, how the body moves through space, and kinetics, how the body responds to force

Using rider biomechanics as a lens to support adaptive riders:

- Safety first at all times, for rider, horse and volunteers
- Imagine the ideal position for this rider, on this horse, in this tack
- ABCs - Awareness, Breath, Connection

Assessing the rider's position - where do we look first?

- The pelvis is the primary connection between rider and horse
- Center the pelvis first, then move up or down from center out
- Consider the core strength, and connection to diaphragm
- Notice position of upper legs, availability as support system
- Vertical alignment - shoulder, hip, heel, what is feasible?
- Lateral alignment - level seatbones, hips, shoulders, knees, feet
- Texture and tone of the rider as a whole or in parts

Empower your volunteers!

- Include your vision of ideal when guiding holds or physical assistance
- Encourage awareness of rider and horse moods and expressions
- Keeping rider in good alignment keeps the horse happy!

Find Suzanne at @positivelydressage on Facebook or Instagram, or at www.positivelydressage.com