

CASE STUDY



“I’ve broken 7 ribs, collapsed a lung, broken a leg and had a bleed on the brain.. and although I’ve work hard at the gym I felt I needed to do more... the tiny margins are what make the medals”

Name: Jonty Evans, International **Olympic Event Rider**

Location: Hartpury Equine Therapy Centre, UK

What was your motivation for using the simulator at the Equine Therapy Centre?

I have broken a fair few bones and as a result of cumulative injuries over the years I’ve found that I’ve had postural issues with my riding, particularly Cross Country. I was finishing fairly out of position. At the beginning of 2017 I was entered for Badminton and without doubt the best chance I was going to have at being competitive at that kind of level I felt I needed to do more to help with postural issues. I didn’t want to finish the cross country tired and I needed to be able to achieve everything I could bodily, in order to help him (the horse).

Assessment on the Simulator

I was shown the simulator, which is **an impressive beast**, and (Liz Launder, Consultant Osteo) assessed my physical wellbeing.. I had to ride all 3 gaits and Liz watched from the side and from behind. That’s how the assessment of what they could do for me started.

“He felt he wasn’t harmonising with the horse.. and he didn’t know what the problem was. We put him on the simulator... he was riding with discomfort and the problem was his breathing.” Liz Launder

The Results

We worked a lot on core then some of my homework was to use another Racewood Simulator, the Racetrainer, and that helped with my balance, breathing - it really works your quads.

The proof was in the pudding, my posture was improving, I was beginning to sit up so much more and allow my horse to do everything for me. My Dressage test at Badminton was a particular highlight - it really does make a huge difference.