

# CASE STUDY

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## Learning to ride after a car accident...

**Name:** Pegasus Physiotherapy

**Location:** Racewood Training Centre, Cheshire UK.

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After being hit by a car, a 15-year-old rider suffered fractures to both bones in her lower leg. The injury required external fixation, and she was unable to weight-bear for six months.

As soon as the external frame was removed and her consultant approved gentle weight-bearing in a boot, we got her on the simulator.

As a Rider Physio, I understood the nature of the injury, healing process, and timelines involved. This allowed me to work safely and confidently alongside her consultant to guide her rehab plan. I was also able to carry out specific physio assessments and design tailored rehab exercises based on how she moved on the simulator – which had a huge impact on her balance and control when she returned to the saddle.

We began with bareback work, focusing on pelvic and trunk movement – which greatly supported her walking re-education. As her rehab progressed, we gradually introduced the saddle, stirrups, half seat, and even jumping – all within a safe, controlled environment.

But the sessions didn't just help her physically – they made a massive difference mentally too. She had a space where she could feel like a rider again. A place to move, set goals, track progress, and enjoy the process.

The simulator's objective data and sensor feedback helped her improve her body awareness in real time. That, combined with the physio input and riding-specific rehab, meant she was genuinely prepared for her return to the saddle.

When she was finally cleared to ride a real horse, she was ready – physically strong, mentally confident, and aware of how to manage her movement. She eased herself back in using the same progressive approach we'd taken on the simulator... and soon after, she was back out competing for her Pony Club.

It was a proud moment for her – and a relief for her mum, who had seen her daughter's progress first hand and felt reassured knowing she had built back strength, stability, and confidence in a structured, supportive way.