

## HORSE & RIDER PHYSIOTHERAPY CLINIC at MRAS Saturday, April 1, 2023

MRAS is pleased to be hosting the upcoming Horse & Rider Clinic on Saturday, April 1st to help address some of the similarities in horse and rider injuries and asymmetries provided by professionals from Equus Physio.

Equus Physio Riding Physiotherapy Clinics are designed to assess and treat an individual's imbalances and asymmetries in the saddle, in order to work towards optimal performance. Their clinics are designed to be approachable for any discipline or riding level.

There will be up to three sessions throughout the day in group to maximum of 6 participants. Group format includes:

- 1.5 hours of group evaluation and treatment in the saddle
- Riding your own horse, following directions of physiotherapist while they evaluate balance and symmetry in rider.
- While in the saddle, physiotherapist will identify changes and improvements as well as make plans for further treatment.
- Resistance riding bands will also be available during riding time for increased awareness of balance for riders.



<b>Fees:</b>	Current MRAS Riding Members	\$100, priority registration before March 8th
	Non-members	\$125
	Audit	\$25

**Registration:** Please contact [MRAS.equine@gmail.com](mailto:MRAS.equine@gmail.com) if you are interested in attending this clinic or have any questions. Instructions for payment will be provided upon registration. Payment will confirm your spot.

For more information about Equus Physiotherapy, check them out at:  
<https://www.equusphysio.com/>