



Physiotherapy and Pilates Clinic for Riders **Northallerton EC. September 11th**

Dismounted Session

10-11.30 Group of five

- Theory of rider stability and performance
- Postural analysis
- Work on gym ball
- Intro to pilates and other useful exercises

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11.30- 1

- repeat above

1-2 LUNCH

Mounted Session

2-3 Group of five

- Dynamic warm up
- Mounted postural work and exercises

3-4 Repeat above

4-4.30 Questions and close

£55 each. Spaces limited to 10 riders. Includes 10% discount on one to one assessment at the Personal Best performance lab booked within one month of the course.

For more information please contact Louise Broom BSc(hons), Chartered Physiotherapist
07977 909283 or visit www.personalbest.me.uk

