

Welcome to my newsletter for Autumn 2022!

My main goal for 2022 was to develop more ways of supporting clients between Equine Bowen sessions, by providing advice on exercises to prevent, or reduce the risk of, injury. This led to the launch of Fit Together, which featured in the Summer Newsletter, and to studying for an Advanced Diploma in Equine Exercise Rehabilitation. It has been hard work and a steep learning curve, but I have loved it. Soon I hope to become certificated as a Quad X Strength and Conditioning Coach, and this newsletter is devoted to Quad X.



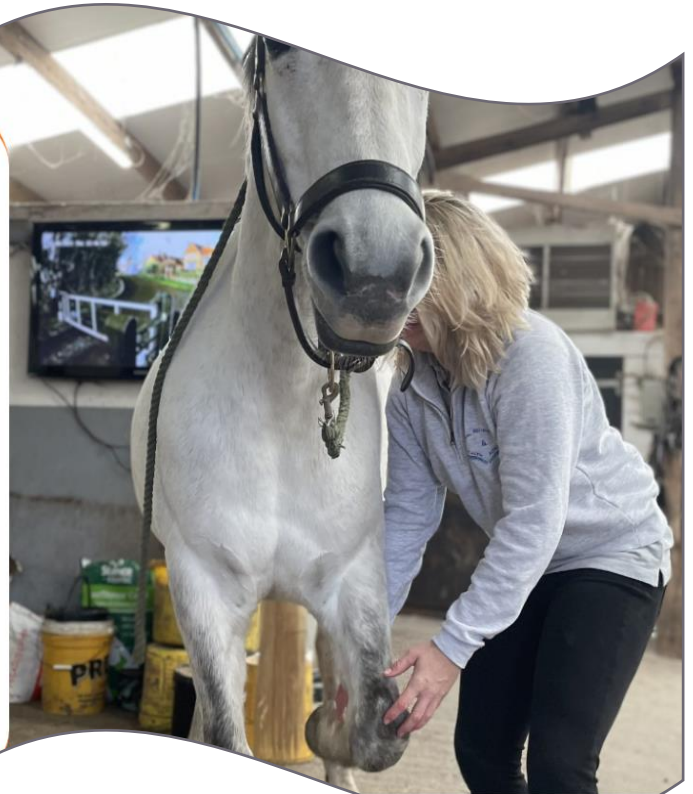
QUAD X?

Quad X Method has been developed by veterinary physiotherapist Katie Lawrence, who has many years' experience in equine rehabilitation. The best way to describe the method is to use Katie's own words, with this screen snip from her website www.quadxmethod.com

What is the Quad X Method?

Quad X Strength and Conditioning Method for horses

The Quad X method includes various exercises which are used systematically to strengthen horses in the right way and condition them correctly for ridden work. The method can be used during rehabilitation after injury or can be integrated into the horses training programme to reduce the chance of injury and improve performance.



Quad X Coaches are all trained in the aspects of equine anatomy, physiology and biomechanics that are needed to understand the correct use of conditioning exercises.

At each visit your coach will evaluate your horse's current strength and condition, will set goals for improvements, and will give you a plan of exercises to work towards achieving those goals. You will need to commit to carrying out these exercises on a regular basis to achieve results. A course of Quad X will typically last for around 12 weeks, with visits from your coach every 2 weeks, or in some cases weekly.

What does the name Quad X refer to?



To implement the Quad X method, we use a system based on groups of 4, which is what the 'Quad' is referring to. The 'X' refers to a particular diagram, which means a lot to me, but won't help you at all! Please don't get confused, the name Quad X has nothing to do with the 'quads' ie the quadriceps muscles!



Just for fun, here's a bit about the quadriceps muscles anyway.

Whether you are horse shaped, human shaped or dog shaped, you will have quadriceps muscles at the front of the upper (hind) leg. The 'quad' part refers to 4; and we can name 4 parts of this muscle group. They have an important role in straightening the knee (stifle) and helping the leg to swing forward.



These photos show changes in one little horse over a period of just 3 weeks using Quad X. He is one of the case studies that I have been working on since September. He still has a long way to go, but it was a much bigger and much quicker improvement at the beginning than anyone had expected.

If you are serious about wanting to improve your horse's posture, movement, and performance;
if you want to reduce their risk of injury;
if you want help in correct use of conditioning exercises to achieve this;
if you are prepared to follow a focussed plan of exercise with your horse;
and if you would like to know more about Quad X, I would love to hear from you!
Email, text, or phone!

COMPETITION TIME!

Email your entries, using 'Equine Anagram' or 'Canine Anagram' in the subject line of your email, to susan@susanryrie.co.uk for a chance to win a free session of Equine Bowen, or Canine Emmett.

ANAGRAMS

For horse lovers – make as many words can you make from the letters that appear in AESCULUS HIPPOCASTANUM. (This is the Horse Chestnut tree!)

For the dog lovers – make as many words as you can from the letters that appear in CORNUS ALBA. (This is the native Dogwood.)