



Biomechanics and Physical Training of the Horse

By Jean-Marie Denoix

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Effective horse trainers strive to improve the performance of their horses while preserving the integrity of the musculoskeletal apparatus. **Biomechanics and Physical Training of the Horse** supplies an anatomical and functional overview of the topic, enabling trainers to optimize the different exercises their horses undergo during training and competition.

Following a brief description of the biomechanics of the muscles underlying equine movement, the book discusses the muscles of the forelimb, hindlimb, and neck and trunk. These fundamentals have direct bearing on the later chapters, which focus on training and the core exercises for a horse.

This text is illustrated throughout by the author's top-quality photographs, diagrams, and his own beautiful anatomical drawings. The book is of lasting value to all professionals and well-informed amateurs who work with horses: veterinarians, trainers and riders, researchers, physical therapists, and educators in equine courses.

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Editorial Review

Review

"...a herculean effort at illustrating the movement of the horse with photographs and color-accented line drawings of active muscle groups ... The artwork, photographs, and color used in the book are brilliant and serve readers and author well."

?Jonathan Hale Foreman, DVM, MS, University of Illinois College of Veterinary Medicine for *Doody's Review Service*

From the Back Cover

The ideas presented in this book cast new light on the best ways of training and exercising the horse in preparation for competition, and to aid rehabilitation following injury, by focusing on biomechanics and precise anatomical analysis.

Dealing mainly with the movements and exercises most frequently used in equine sports, the book answers the needs of trainers and riders seeking to improve their horses performance and physical fitness by maximising the potential of the horse's entire musculoskeletal apparatus.

Following a brief description of the biomechanics of the muscles underlying equine movement in general, chapters discuss in turn the muscles of the forelimb, the hindlimb and the trunk. These fundamentals have direct bearing on the later chapters: a biomechanical analysis of specific exercises designed to optimise the performance of the sport horse.

Biomechanics and Physical Training of the Horse is illustrated throughout by top-quality photographs, diagrams and the author's own beautiful anatomical drawings.

The book will be of lasting value to all professionals dealing with horses: trainers and riders, veterinarians, researchers, physical therapists, educators on equine courses.

Key Features

- Describes and explains the fundamentals of equine anatomy and biomechanics.
- Applies basic concepts to optimise the performance of competition horses and aid rehabilitation following injury.
- Top-quality colour photos, diagrams and anatomical drawings.
- Author is a worldwide authority on equine anatomy, biomechanics, imaging, and diagnosis of lameness. He is a rider and a trotting driver.

About the Author

Jean-Marie Denoix is a worldwide authority on applied equine anatomy, biomechanics, imaging, and the clinical diagnosis of equine lameness. He is a horse rider, a qualified trotting driver, and an informed spectator of everything equestrian, dissecting all horse movements to understand their genesis and

consequences.

Users Review

From reader reviews:

Paul Otoole:

The e-book with title Biomechanics and Physical Training of the Horse has a lot of information that you can understand it. You can get a lot of help after read this book. This specific book exist new knowledge the information that exist in this guide represented the condition of the world now. That is important to yo7u to understand how the improvement of the world. This kind of book will bring you in new era of the internationalization. You can read the e-book in your smart phone, so you can read that anywhere you want.

Ethel Fung:

Playing with family inside a park, coming to see the marine world or hanging out with friends is thing that usually you have done when you have spare time, and then why you don't try matter that really opposite from that. One activity that make you not feeling tired but still relaxing, trilling like on roller coaster you are ride on and with addition info. Even you love Biomechanics and Physical Training of the Horse, you can enjoy both. It is fine combination right, you still desire to miss it? What kind of hang-out type is it? Oh seriously its mind hangout guys. What? Still don't get it, oh come on its called reading friends.

Angela Bauer:

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Rosemarie Nicoll:

With this era which is the greater individual or who has ability in doing something more are more important than other. Do you want to become one of it? It is just simple strategy to have that. What you should do is just spending your time very little but quite enough to experience a look at some books. One of many books in the top checklist in your reading list will be Biomechanics and Physical Training of the Horse. This book which is qualified as The Hungry Mountains can get you closer in turning out to be precious person. By looking way up and review this reserve you can get many advantages.

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