

# ARE YOU STRAIGHT ENOUGH TO RIDE?

- Do you ride with unlevel stirrups?
- Do your feet rest in the stirrups with unequal pressure or does one foot have a firmer contact?
- Do your seat bones feel level in the saddle, is one further forward than the other?
- Does one thigh lie against the saddle whilst the other falls away?
- Do you "collapse" in the saddle on one side?
- Is one shoulder further forward than the other regardless of which rein you are on?

If you have answered "yes" to one or all of the questions above ask yourself how your body imbalance is affecting your riding and the way your horse performs. As a rider myself I know how important it is to "sit straight".

McTimoney-Corley Spinal Therapy works with the body, not against it, treating the whole skeleton, gently manipulating misaligned bones back into place, encouraging soft tissue release. By realigning the skeleton, body balance is improved and more consistent, leading to "soft" joints more able to absorb your horses motion and therefore enabling you to communicate more effectively through your body to your horse. The whole skeleton is treated during each session as a problem in one part of the body can lead to problems elsewhere, hence our motto....."The Whole Body Whole".

Whether you ride for fun or compete at a high level, McTimoney-Corley Spinal Therapy may be able to help you, through body realignment, gain unity with your horse and maximise your performance.

£35 per treatment (approx. 1 hr)

[Ali Le-Mar, McTimoney-Corley Spinal Therapist, Holistic Massage Therapist](#)  
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