CONTENTS

Foreword

Acknowledgements

1. BACKGROUND - WHY THIS BOOK?

2. THE HORSE'S BODY - ANATOMY AND FUNCTION

The internal organs

The musculoskeletal system

3. PREVENTING INJURY

What does scientific research say?

What do champion riders and top vets say?

4. THE 'RIGHT' HORSE - ARE YOU A GOOD MATCH?

Points to consider

Are you a good match?

Advice when buying a horse

5. ALLOW YOUR HORSE TIME

Show the young horse respect

Treat the horse as an individual

6. YOUR RESPONSIBILITIES AS A RIDER

The horse's manager – you
Improving yourself mentally and physically
Build a skilled team

7. FEEDING, SUPPLEMENTS AND WATER

8. RIDING SURFACES - VARY WHERE YOU RIDE

Surface characteristics and use Maintenance

9. TRAINING

Basic training principles
Injury risk and training antidotes
Training planning

10. COMPETITION PLANS AND TRAVEL

Competition planning
Travelling (to competitions)

11. SUPPLEMENTS, MEDICATION AND DOPING

References - Scientific studies