

TABLE OF CONTENTS – Biomechanics and Physical Training of the Horse

Muscular groups and actions

The forelimb
The hindlimb
The neck and trunk

Biomechanical analysis of longitudinal movements

Lowering of the neck
Biomechanics of rein-back

Biomechanical analysis of lateral movements

The forelimbs
The hindlimbs
The vertebral column and trunk muscles
The biomechanical differences between half pass and shoulder-in
Advantages and disadvantages of lateral movements

Biomechanical analysis of jumping

Take-off and propulsion
Take-off and propulsion: biomechanics of the axial regions (head, neck, trunk and pelvis)
Airborne (flying) phase: biomechanics of the trunk and vertebral column
Airborne (flying) phase: biomechanics of the limbs
Landing phase: biomechanics of the vertebral column
Landing phase: biomechanics of the limbs
Biomechanics of the bounce jump

Index.