

# **USE OF STRAIN AND COUNTERSTRAIN TO MAXIMIZE THE BENEFITS OF HIPPOThERAPY AND THERAPEUTIC RIDING**

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Riding instructors, and therapists working in the field of therapeutic horseback riding share a common goal - postural alignment of their clients. The same can be said of all serious riders working towards achieving a balanced centered riding position with their weight evenly distributed through both seat bones (ischial tuberosities) and down through the heels. Correct posture requires the centre of gravity to be over the base of support, the feet. For many years the "ideal" riding position has been described as one in which a plumb line would pass through the rider's ear, shoulder, hip, and heel.