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Transversal Rotations in the Equine Vertebral Column

Jean Luc Cornille

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Many riding and training principles, which have been conceived prior to this knowledge, are unconsciously creating inverted rotation. These principles are ultimately hampering the horse's potential and placing the horse's soundness in jeopardy. For instance, two schools of thought are commonly emphasized in relation to lateral bending. One school advises advancing the rider's inside hip toward the horse's vertebral column while looking in the direction of the movement. This technique is stimulating the wrong rotation. The move of the rider's pelvis toward the horse's medial line is shifting the horse's dorsal spines toward the outside of the bend inducing inverted rotation

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