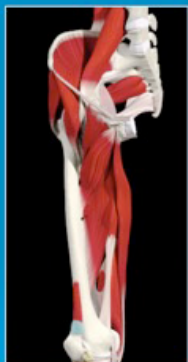


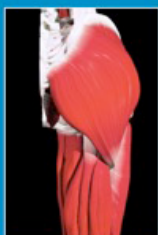
# No-Stirrup Work: Friend or Foe?

Sandra Sokoloski  
BScPT, FCAMPT, CGIMS

## HIP MUSCLES



Adductors



Gluteals



www.esportphysio.ca

So No-Stirrup November is here! Many riders assume that one can never do too much 'no-stirrup' work. It is commonly thought that the inner thigh muscles (adductors) are what keep a rider in the middle and on top of the horse, and that the stronger the inner thigh is, the better. A strong inner thigh is good for having effective aids and for staying on when the horse suddenly goes more sideways than forward. However, a strong outer hip muscle (gluteus medius) is of upmost importance. A weak outer hip will cause balance issues, crookedness and a loose lower leg or thigh far more than a weak inner thigh will. Doing 2-point or posting with no-stirrups can lead to knee pinching, stiff hips and back tension. All of which cause muscle pain or fatigue and may actually weaken a rider's position. Doing a little bit of posting or 2-point at a time and spending more time in full seat, with the legs hanging long, will be much more beneficial! This will relax the hips, strengthen the core and make

Nov/Dec 2016

## No-Stirrup Work

the outer hip work harder than the inner. Just the way it should be! A smarter way to train to have a stronger jumping position is to spend more time in 2-point with stirrups and in full seat without stirrups.

As a physiotherapist, I would rather see riders strength training more intensively off horse. The lunge squat and single leg jump squat that I discussed in previous ABSJ issues are ideal. Add the 'Sit to Stand' exercise (that is on my website [esportphysio.ca](http://esportphysio.ca) under the "Expert Advice" tab) and your body will be much more balanced and able to withstand the rigors of riding. I see many young riders with back and hip pain and older riders with hip damage due to using the inner thigh too much. Use November/December to strengthen your position, but train smarter, not harder!! (See [esportphysio.ca](http://esportphysio.ca) for other articles and videos).

# LONE STAR TACK & FEED

WE DELIVER!

[www.lonestartack.com](http://www.lonestartack.com)

Call / Text 403-730-9498

Email [donna@lonestartack.com](mailto:donna@lonestartack.com)

Specializing in a wide variety of  
horse, livestock feed and pet feeds

<p><b>FEED:</b></p> <ul style="list-style-type: none"> <li>• All Nutrition</li> <li>• Buckeye</li> <li>• Bullman's Bullman</li> <li>• Bullman's Mineral</li> <li>• Mottershead's</li> <li>• Step Night</li> <li>• Kalschauer</li> </ul> <p><b>Supplies:</b></p> <ul style="list-style-type: none"> <li>• Everything for your farm including:</li> <li>• Manure, brushes, pitchforks, and</li> </ul>	<p><b>SUPPLEMENTS:</b></p> <ul style="list-style-type: none"> <li>• All Nutrition</li> <li>• Equine Glucosamine and Probiotics</li> <li>• Equine Probiotics</li> <li>• Health for Horses</li> <li>• Kentucky Equine (Equi Share)</li> <li>• Laktogen 88</li> <li>• Omega 88s</li> <li>• Pure Form</li> <li>• Equi's Wellness</li> <li>• Silver lining</li> </ul>
---	--