How Your Horse Moves by Gillian Higgins

Understand how bones and muscles work together to produce movement by seeing the musculoskeletal system painted on a real equine canvas. Discover how correct riding and training can bring out the best in your horse—increasing fitness, strength and balance—by seeing exactly what happens as he moves. Practical exercises and stretches demonstrate how you can improve suppleness, reduce the risk of injury, gain confidence and develop a deeper rapport with your horse. This unique "inside-out" view of how the horse uses its body is presented in a graphic, easy-to-follow way to aid in improving all aspects of riding and training. You'll discover the true effect of riding and training on each part of the horse by seeing the skeleton and major muscles painted on the outside. Practical exercises demonstrate how to improve movement, build the right muscles and increase suppleness in the horse. Includes step-by-step guidance on the correct way to warm-up your horse and stretching routines to help guard against injury.

My Personal Review:
Not only is this book extremely informative, it is also a work of art. The authors unique approach of actually painting her horse to show the placement and function of the bones and muscles of the horse at rest and in motion, provides a wonderful illustration to the reader. The author provides clear and concise descriptions of the parts of the horses body, and together with the photographs and illustrations it is very straightforward and easy to follow. There are photographs of actual bones that really help give an understanding of the horses body (as well as your own if, as in my case, you dont have much of a grounding in human anatomy). She begins by covering the basic muscles, bones, joints, ligaments and tendons and how they work, then goes on to cover movement and training and how particular exercises affect, strengthen and shape the horses body. I had purchased several books on horse anatomy and this is by far my favorite. I have learned so much and now get even...
more enjoyment out of spending time with my horse because I have a much better understanding of how she works from the inside.

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