



# How Your Horse Moves: A unique visual guide to improving performance

*Gillian Higgins*

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**How Your Horse Moves: A unique visual guide to improving performance** Gillian Higgins

**Take a Fresh Look at Equine Anatomy and Biomechanics with This Graphic Guide to How Horses Move, Presented from the Inside Out**

- 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

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