

Physical Evaluation

General Orthopedic Information

Name/Date _____ Age _____ Ht _____ Wt _____

Gender: M F

Handed....Right or Left

Years of Riding: 1-3 4-6 7-10 11-14 15-18 19-21 22-25 25+

Hours of practice:

Per day: 1-3 4-6 7-10 11-14 15-18

Per week: 1-3 4-6 7-10 11-14 15-18 19-21 22-25 25+

Do you participate in a generalized off horse-conditioning program (Pilates, bike riding etc.) on a regular basis? Y/N

Do you perform exercises to specifically help manage any pain from injuries on a regular basis? Y/N

Do you use pain medicine such as Aleve, Ibuprophen on a regular basis? Y/N

Please be Thorough! Indicate (number if needed) Injuries, surgeries, etc hardware or artificial joints, and residual deficits (balance problems from concussion, lower extremity weakness from disc disease, arthritis, chronic pain, etc).

Spine (thoracic spine T1-T12/ lumbar spine L1-L5/ tailbone)

Neck

Shoulder (shoulder joint, collar bone and shoulder blade)

Arm (hand, wrist, forearm and upper arm)

Pelvic

Knee (including knee cap)

Tibia/Fibula/Ankle

Foot

Hip (joint and femur)

Concussion(s) _____

Please view video instructions here for completing the below sections

Stance Width/Horse Fitting Data- Helps gage fit of rider to horse

Body Height in inches _____

Top of head to bare foot on flat floor-Please be as accurate as possible

Lower Leg Length (Head of Fibula to flat floor) (cm) _____

Bending the knee to 90 degrees makes finding the head of the fibula easier

Femur (Hip to Knee joint line) (cm) _____

Hip to Flat foot (Greater Trochanter of Femur to flat floor) (cm) _____

Sticking the hip out makes finding the greater trochanter easier

¹Height from saddle bottom to base of stirrup (cm) _____

Done with saddle on the horse

Leather to Stirrup Base length (cm) _____

¹ Half Horse Width (Center of Saddle to side of horse) (cm) _____

Done on the horse

²Bi-Acromial/Trochanteric Width (Tip of Collar Bones) (cm)- _____

¹Two yardsticks bolted together at a right angle were used to measure these distances

²If you've had collarbone fracture(s), measure the distance between the Greater Trochanter of the Femurs.

Strength and Functional Test

Single Leg Heel Raise:

Straight knee (reps): R _____ L _____

Bent knee (reps): R _____ L _____

Step Up/Down (reps): R _____ L _____

Seated Mini-Dip (reps) _____

Full Push up static hold (second hold) _____

Off horse Pictures (waist down/hands on waist/in gym shorts-must see knees):

Front View:

Regular standing posture

and

45-degree squat

Side View:

45-degree single leg squat from Left and Right side

On Horse Evaluation (Must be video! Preferred format .mov or .mpg...Can also require external link)

Two views from right side, one view from left

10 second each, Full view from Front/Side/Back with horse stationary

10 second each Full view from Front/Side/Back at walk, sitting and rising trot

Jumping

3 views each from straight on, 45 degree off set and side view

Question:

If your knee is flexing/foot turning out when horse is moving, is this **intentional** (to create motion of the horse) or **unintentional** (problem)?