

Report

**BHS South West Registered BHS Instructors Refresher Day,
Duchy College, Cornwall.
April 2010**

Biomechanics and Jumping from an Anatomical Perspective



The theme for the BHS Instructors Refresher days for 2010 is Jumping and Biomechanics. Who better than Gillian Higgins of [Horses Inside Out.com](http://HorsesInsideOut.com) to deliver the Biomechanics part of the day? Gillian's strength is the practical application of anatomy and biomechanics to movement. She is fast becoming a recognised authority in this area and is in demand world wide. Using a variety of still close up photographs and slow motion clips from the filming of her DVD, 'Movement from the Anatomical Perspective', plus a number of anatomical specimens, the attendees were treated to a fascinating insight into exactly how the horse jumps. Gillian's knowledge of the principles of training combined with her understanding of how the musculoskeletal system functions enables her to give useful advice and tips which can allow the instructors to better evaluate and improve the technique of the combinations that they teach. Not only can this improve performance, it can also reduce the risk of injury.

The main areas Gillian covered were how the horse uses his head and neck in jumping, the differing roles of the fore and hind limbs, understanding the Sacroiliac Joint and the importance of the Lumbar Sacral Junction in jumping. Gillian also looked at the biomechanics of the five phases of jumping together with the role of the suspensory ligament and superficial digital flexor tendons as an energy saving mechanism. The morning ended with the instructors looking at a variety of horses jumping using very different techniques.

Presented with enthusiasm, passion and depth of knowledge, Gillian held the audience spell bound well into the lunch break. One of the many emails received was from attendee Kate McGowan. She wrote:

'I was at Duchy College with my colleague when you did the BHS instructors' day. I have to say, I don't think I have ever sat so willingly for so long before. Your lecture was amazing and very informative. As soon as I got home looked on your website to find out a bit more about the services you offer'

Gillian is available for video based talks, lecture demonstrations using a painted horse and day courses for horse owners. She has written two books and a DVD available from www.HorsesInsideOut.com

Approximately 60 instructors attended the day.