

## Testt™ Rider Symmetry Clinic with Andy Thomas

Andy Thomas is currently the High Performance Human Science and Sports Medicine Advisor to the United States Equestrian Teams and Director of Eventphysio Ltd. Prior to this, he was the Lead Practitioner for Human Science and Sports Medicine to the British Equestrian Federation for 10 years. He has attended 3 Olympic Games, 4 World Championships and 12 European Championships. An experienced international lecturer in this specialist area, Andy provides a unique insight into the management of the human equestrian athlete, developer of Testt™ (Thomas Equestrian Symmetry Types and Tests) a system of assessing imbalances and weaknesses in equestrian riders. Andy has a particular interest working closely with coaches and trainers to help improve symmetry in the developing rider and in competition athletes to maximise performance

### Symmetry assessments

After 15 years of working with equestrian athletes Andy has developed a method of assessing symmetry that can be used on or off horse.

- Do you have a preference of rein?
- Do you find your pelvis shifting more to one side than the other?
- Do you feel that you fix through one hand?

### Mounted assessment:

60 minute assessment, firstly viewing on horse (centre line and circles) then assessment off horse and the asymmetry will be addressed and then Andy will view back on horse again. After the riding Andy will provide a rehab plan of exercise which you can utilise with an interactive app for your mobile phone or tablet device.



£95 for full mounted initial assessment

£70 – 30 mins follow up assessment

Please contact Kate Murphy to book 07961954004