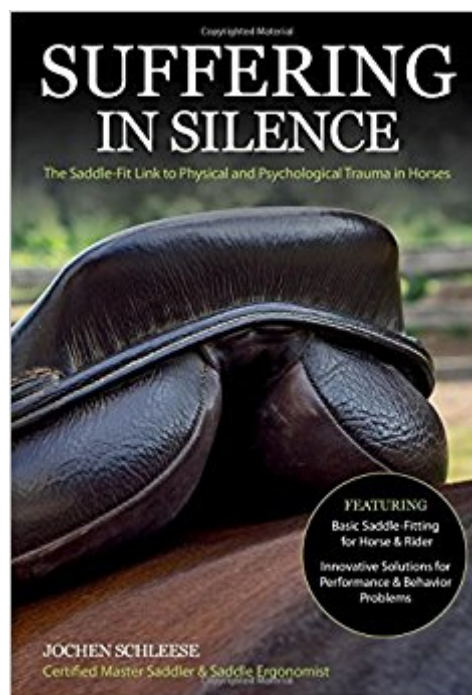




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# Suffering In Silence: Exploring The Painful Truth: The Saddle-Fit Link To Physical And Psychological Trauma In Horses



## Synopsis

Humans and horses have been joined for thousands of years, and for much of that time, one thing has served as the primary point of physical contact between them: the saddle. However, for many horses and many riders, the saddle has been no less than a refined means of torture. Horses have long suffered from tree points impeding the movement of their shoulder blades; too narrow gullet channels damaging the muscles and nerves along the vertebrae; and too long panels putting harmful pressure on the reflex point in the loin area. Male riders saddle up despite riding-related pain and the potential for serious side effects, such as impotence, while female riders endure backache, slipped discs, and bladder infections, to name just a few common issues. We must ask ourselves: How much better could we ride and how much better could our horses perform if our saddles fit optimally? If they accommodated the horse's unique conformation and natural asymmetry? If they were built for the differing anatomy of men and women? The answers to all these questions are right here, right now, in this book.

## Book Information

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## Customer Reviews

Jochen Schleese's expertise makes this an informative and interesting read—one that's sure to have you checking out your saddle the next time you prepare to put it on your horse. "Practical Horseman" [A] comprehensive guide to saddle fit for both horses and riders. "Elite Equestrian" Jochen Schleese's resume clearly demonstrates that he is definitely a master in his field, with comprehensive knowledge stemming not only from his training in saddlery but also

from his achievements as a rider." &#151 Dr. Gerd Heuschmann

Jochen Schleese was certified as the youngest Master Saddler ever in Europe in 1984, and in 1986 was asked to be the official saddler for the World Dressage Championship. He received a patent for a revolutionary saddle design in 1996 and is recognized as an authority on horse saddles.

Dr. Schleese has written the most comprehensive book about saddles and saddle fitting that everyone who rides must read! His research and work with human and equine anatomy is phenomenal! All aspects of saddle fitting, especially the differences in women and men, are explained in an easy to understand language which can assist a rider to become an informed rider. The horse, in all his nobility, deserves to be treated and cared for in a pain-free manner! If you love your horse, get this book and read it as it will truly open your eyes and help you make informed decisions regarding a saddle. Thank you, Dr. Schleese for speaking up for the horses and educating riders!!!

I chose a 5 star rating as this book so thoroughly covers the different aspects of saddle fitting in a visual and tactile sense, as well as explaining saddle fit from a rider's point of view; however, I am in the UK and there is no Schleese trained saddle fitter in the UK at the moment, which is frustrating as I am just left with the same situation as before in terms of saddle fitting and saddle availability. Nevertheless, this book enables me to try saddles myself using his diagrammatic analysis of saddle fit, and has given me more knowledge to analyse a trained master saddle fitter's advice. Although all saddle fitting is to some extent a compromise between what is available and what fits both horse and rider, this book has covered so many aspects that a trained saddle fitter probably knows from their own training and experience of fitting hundreds of horses, but it has certainly empowered me to analyse myself what I am putting between me and my horse, rather than just swallowing the advice given and buying the saddle offered. Empowering, but frustrating as it exposes the limitations of practical saddle fitting!

There is some solid information, but there are also many opinions presented and facts and some blatant misinformation. Read with a critical mind, if at all. If something you read herein sounds a bit off to you, it probably is. It's never a good idea to use one source for all your info, if you are going to read only one book on saddle fit, it shouldn't be this one.

Very good book. Hardcover is what I received. A book that every equestrian should have in the library and in their mind. Very informative, insightful, good teaching. A must for English riders! The importance of all the details involved in saddle fit, rider fit, and each horse's unique physique is all covered here.

Excellent explanation of the distinction between a professional-caliber made-to-order custom saddle and most "custom" saddles on the market today, which remain customized off-the-rack models only.

This is the best and most comprehensive book I have read regarding the problems with saddle fit. I wish all riders would read this book.

Great book!

This is a MUST read book. Very educational and concise

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