

Experts in Equestrian Fitness

We create supple riders and happy healthy horses

Eventing



Dressage



Show jumping



For 25 years we've helped riders have greater poise, with less stiffness and less back pain.

We've been making their horses move better too. Independent Research shows that a horse's gait significantly improves when a rider like you uses a Backinaction Mobiliser.

The research showed that a *slightly* stiff spine degrades your connection with your horse. If you are also in *pain* then your poor movement might permanently affect your horse.



Carl Hester, MBE says:

"I started to use the Mobiliser at the end of 2013 after suffering with stiffness and back pain - falling down the stairs didn't help!"

Dressage riders spend more time sat in the saddle than many other ridden disciplines and we have communication with the horse through our back, seat, legs and hands.

All of these prime communication tools are connected to the spine and I have found that using the Mobiliser helps to keep my back much more mobile.

I feel refreshed and relaxed after using it and my sleep patterns are much more regular. It certainly helps me as part of a health and mobility regime that includes physio and exercise."

These Riders agree

Harry Meade



“The Mobiliser works”

Harry contacted Backinaction to optimise his spine at the suggestion of UK Dressage Champion Sandy Phillips.

Supported by his Mobiliser, Harry finished the 2010 season with 49 out of 50 clear rounds in cross-country events.

Harry had a bad fall in 2013 but is now back competing and commented in Spring 2014:

*“I still use the mobi daily.
It’s as good as a full massage
and is **amazing** for suppleness.*

I take it in the lorry to all three-day events. I couldn't recommend it more highly, and you don't need to have a back issue to warrant having a mobi, everyone who's serious about riding would benefit!”

Lisa White

International Dressage Rider and Trainer
Lisa says:

“I use the mobiliser because it makes me ride better, sleep better, and feel better.

I have noticed amazing, life changing, differences in my ability to not hold on to tension through my body in training sessions.

I have found it helps me with relaxation and calmness. I have a better ability to ride tense or nervous horses. I am less inclined to let their tension affect me... my relaxation and softness helps them let go of their tension”.



Research proves it....

**Centaur Biomechanics,
Equine gait analysis experts,
designed and ran a research study.**



Horses go better!

Centaur's Research used 12 riders and their horses from medium level up to European Medal Level.

The research showed an exciting and *significant* improvement in the movement of 11 horses after their rider received a Mobiliser session.

Clinical Spine Scans showed that changes in the rider's thoracic spine, after Mobilising, correlated to improvement in the horses' gait.

Most riders reported improved poise and less pain for several days and wanted these benefits permanently.

The horses had an average of 4 degrees more flexion in their hocks.

Some were as high as 10 degrees.

The horses stayed softer and rounder covering the ground with more activity.

Bettina Hoy sums it up:

"I suffered for years with disrupted sleep and back tension.

Now, after my purchase from Backinaction I drift to sleep easily.

However, the biggest difference has been with my riding – it isn't just experienced horses that go better, but the young horses have also benefited.

I can amplify the flatwork training because my own body is now more poised, flexible and coordinated from using the Mob".



Better Riding

Less pain

Ask us how to get started today