

## Posture is the Language of the Horse™



*Although Belle appears to be standing square, notice how her front legs are behind the vertical line signaling that her posture needs adjustment.*

Every time you groom your horse you have a chance for a conversation.

**Listen carefully:** What does your horse say to you?

- Does he stand askew in the cross ties?
- Does she fidget or appear cranky?
- Does he swing away from you or put his ears back?

Is your horse saying, "I have pain or tightness. Can you help me?"

Sometimes simple grooming is not enough. If the skin is not able to move freely across the muscles and bones, it can mean the myofascial system is twisted and restricting movement. The result? A stressed, uncomfortable, or uncooperative horse.

The Posture Prep Cross Fiber technique helps improve posture and overall well-being by massaging the muscles and fascia as you groom resulting in free movement, a happier horse, and a productive ride.



Dr. Pat Bona received her post-graduate Doctor of Chiropractic in 1987 from Logan College of Chiropractic in Chesterfield, MO and has been certified in animal chiropractic by the American Veterinary Chiropractic Association (AVCA) since 1994.

She is an avid rider with a solid foundation in dressage which is key to her understanding of horses and their physical needs. The horses in her life inspired her to create the Cross Fiber Grooming technique to restore fitness and health. Her desire to share this system with others led to the development of the Posture Prep Cross Fiber Groomer as a better tool for executing the technique. She currently practices in Blue Bell, Pennsylvania.

For more information about Dr. Pat and her products, please visit her websites: [drpatbona.com](http://drpatbona.com) or [postureprep.com](http://postureprep.com)

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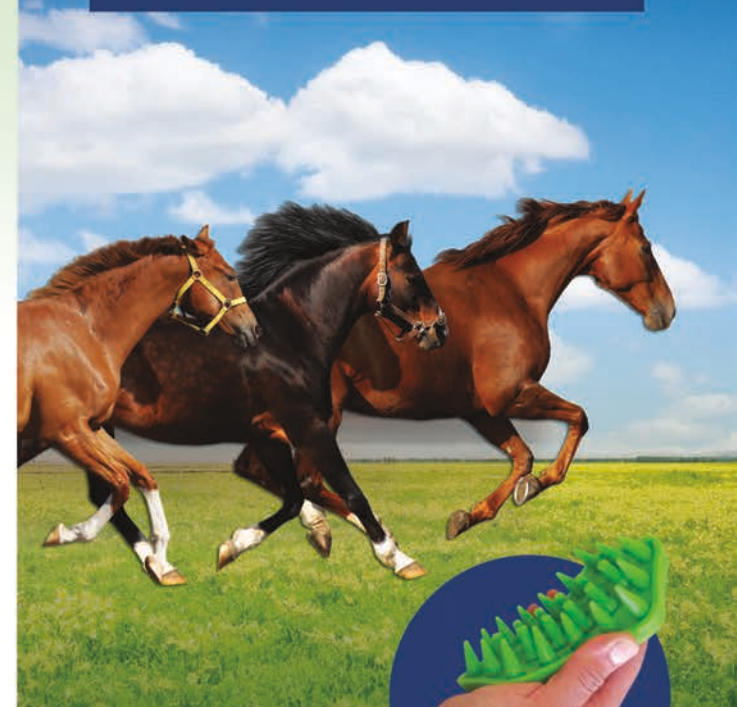
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📺 Posture Prep Cross Fiber Groomer

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**POSTURE PREP®**  
**CROSS FIBER GROOMER**  
By Gravitational Interactions, L.L.C.



## UNBRIDLE the POWER IN YOUR HANDS

Why just groom your horse when you can prep him for performance with Dr. Pat's Posture Prep Cross Fiber Grooming technique?

Your horse will stretch and sigh with relief as you massage away tightness and tension so that he can move with strength and freedom. **The result?** An engaging and comfortable ride for both of you.



# How does my horse benefit from Dr. Pat's Posture Prep Cross Fiber Groomer?

Dr. Pat developed the Cross Fiber Grooming System to help improve your horse's posture, performance, and overall well-being.

Instead of using a regular curry, use the Posture Prep tool and the Cross Fiber Grooming technique as your pre-ride "prep" session to aid the improvement of your horse's posture for freer movement during your ride.

Muscles and ligaments are wrapped in a tissue known as the fascia. Over time, the fascia can become twisted and restrict movement, even with normal activity. "Dents and Dings"™, which are previous injuries often seen as scars or white hairs, can create adhesions leading to trigger points that cause pain. The Posture Prep tool helps you massage into the tissues under the skin loosening the fascia and releasing adhesions so your horse can move more freely. Don't you want your horse to move in the best way possible so that you have a safer and happier ride?

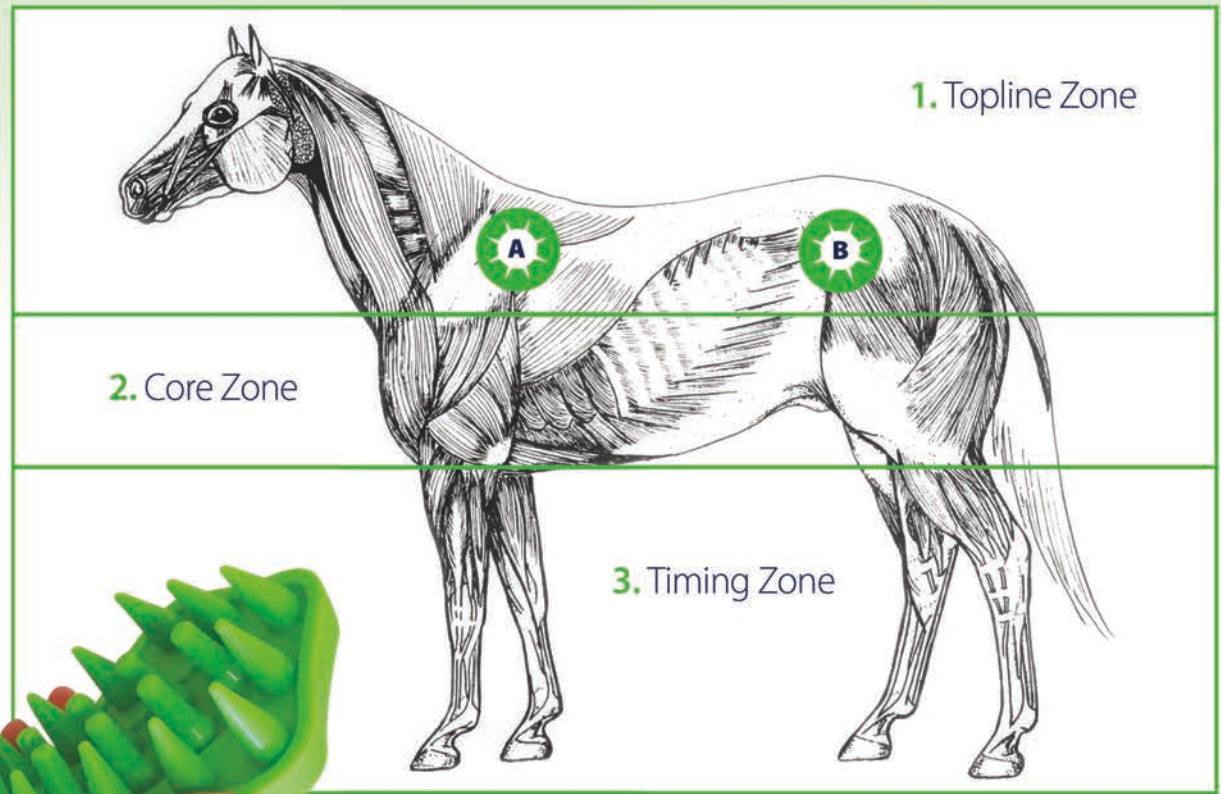
**The Posture Prep System defines 3 Functional Zones you need to address when grooming your horse:**

1. Topline Zone 2. Core Zone 3. Timing Zone

You need to groom through the different zones, from top to bottom, on both sides of the horse. In each zone, ***groom from the hind end to the front end. Remember, this is the ideal movement of your horse's energy when you ride.***



## Functional Zones of the Horse



And don't forget to focus on the functional axes of rotation of your horse:

**A** The shoulder/cap of the scapula      **B** The point of the hip

Since your horse's range of motion is dependent on the free movement of these axes of rotation, you need to make sure the skin glides smoothly across these areas for maximum benefit.

Your grooming strokes will be perpendicular to the muscle fibers which generally run in the same direction that the hair grows. This "cross fiber" action will help to loosen the adhesions and scar tissue under the skin and stimulate circulation and lymphatic drainage so that your horse relaxes both mentally and physically. When you see him begin to lick, chew, yawn, sigh, and stretch, you know that he is enjoying the benefits of the Posture Prep Groomer.

*The Posture Prep Cross Fiber Groomer kit includes the tool, an instruction booklet to guide you on technique, and a membership code for exclusive access to an educational website which provides helpful videos.*