

Welcome to Equine Therapies and Saddle Fitting 2022. Thank you for your enquiry.
Below is information you need read before I see you and will answer most of your questions.
If you or anyone in your family has been sick, please let me know before your appointment.

WHAT HAPPENS IN A SESSION?

When your horse is being seen for the first time there will be a case history form to fill in & return. You can fill in the online form at: <https://www.cognitoforms.com/SLSF1/sarahlintonhorsecasenotes> The online form is an easy to do must be filled out in one go - you can't fill out parts of it then come back to it later, so please make sure you have so time set aside to complete it.

- I allow up to 2 hours for a session and go over your horse's detailed case history which includes his training & exercise programme, health issues or accidents he may have had, goals that you have, plus a lot of other information. I do a gait assessment - this includes watching the horse move at walk and trot in hand, backing up and small circles. If needed I will do further assessment on lunge.
- All saddles that are used on the horse are checked and I also look at saddle blankets and any pads that are being used. A ridden test will be examined as well to look at pressure areas, how the horse moves with the saddle on, how saddle fits the rider and what the saddle is doing on the horse. If your horse is out of work or you are worried about riding just now then just let us know and we can do it next time. If pads or shims are required, I can usually make them up on the spot to help while the horse is changing shape. I don't do full repacks but can do top ups on some saddles. Regardless I can advise what needs doing in this case and send you in the right direction. I do not sell saddles but give a totally independent opinion on what fits. I do work with all makes and styles of saddles.
- Looking at the horse holistically usually includes various bodywork techniques such as Equine Sports Massage, Stretching, Acupressure, Myofascial Release, & Light Therapy etc, and also assesses any behavioural issues, gait and training problems. Remember I deal with all levels of riders so don't stress if you are a beginner. It's all about helping you to help your horse. Owners are always given homework exercises. You get a copy of your notes of what I found in our session, a signs of soreness list and saddle fitting checklist in a folder. I also offer after care support via phone or email if any questions arise after our session.

I do not like to check the horse over without checking saddles or saddle fitting without checking over on the first session if a ridden horse. This is how I work and what I have found works well over all the years I have been working on horses. It's a process and I try and educate owners as much as I can. 😊

HOW MUCH DO YOU CHARGE FOR A SADDLE FITTING/BODYWORK SESSION?

NEW CLIENTS: \$150 plus travel, and the sessions run up to 2 hours. (**Payment is due on day of session unless previously arranged**). **TRAVEL COSTS:** \$35 - \$40 for Hawke's Bay, Wairarapa, Wellington, Manawatu, Kapiti Coast, Waikato and Bay of Plenty (if not too far off the beaten track). All other areas please enquire for prices. *Price is per venue not per horse.* I offer support by email and txt etc after your session for no extra charge if within 6 months of your appointment and this includes remote assessments (photos, videos).

FOLLOW UP SESSION: All follow up sessions if within 6 months will be \$130 per horse.

GROUPS: if you get together with others at the same venue the travel cost will be split between you. I will also do a group discount at the follow up price for all of you if at the same venue and 4 horses. Remember it's not up to us to organize this - it's up to you. So, get your friends together and work something out and make this most of this offer. We will need you all to email us individually so we can let you know your times and have your contact details.

Please remember payment due on day of session unless previously arranged and if internet banking please put invoice number as reference along with your name.

WHAT DO I NEED TO HAVE READY WHEN YOU COME TO SEE MY HORSE?

A clean, dry horse (doesn't have to be washed just get mud off), hose down legs if really muddy and any saddles that you may want me to look at. A dirty saddle blanket is also helpful so I can see where pressure areas are. Be prepared to ride just in case I need to look at you in the saddle on your horse as well. If your horse has been seen by a vet for a particular issue - please get vet clearance before I come to look at your horse.

WHEN WILL I NOTICE AN IMPROVEMENT?

Sometimes there is an immediate notable improvement. It depends on what is wrong with the horse and how long it has had the problem for. The longer it has had the problem generally the longer it takes to improve - the same with people. I give owners homework to do so this also helps with the recovery and maintenance process. Most horses improve quite quickly once they start having body work done on them.

CAN I WORK MY HORSE AFTER A SESSION?

Follow-up exercise is recommended after bodywork. Healthy sound horses can be ridden after a session. It is best to keep it light and easy and relaxed. Hacking out is ideal - nothing too strenuous. Ideally no 6-foot-high jumps or high-level dressage moves. If you don't have time to ride, try to give your horse a 5-10-minute brisk hand walk within a few hours after the session. I will discuss with you any follow up exercises when I come to see you and your horse. If you have a competition coming up, try and book your appointment at least a week before it.

HOW OFTEN SHOULD A HORSE HAVE BODYWORK?

This all depends on the horse's level of work, his conformation, his health, the extent of an injury, the footing, his tack fit, etc. If he has a hard workload bodywork twice every 6 weeks is probably a good idea. The normal working horse should ideally be done once every 6 weeks as a maintenance program. By working together with the owner, we can work out a session plan together. Every horse is different. When I have seen the horse, I write the recommended follow up – next session time on your case notes.

DO YOU HOLD DEMOS FOR CLUBS OR GROUPS?

Yes, I hold two types of demos. One is a Saddle Fitting & Signs of Soreness Demo, and the other is a Gait Assessment & Massage Moves Demo. Both demos cost \$150 plus travel, and ideally have a minimum of 10 people attending to book, however a lot of clubs and groups choose to charge for attendance to pay for the demo fee, and also to fundraise. Please contact us for the full list of requirements, and more information on both demos.

HEALTH AND SAFETY:

- Please make sure you have a nice safe clear area around where the horse is going to be for me to work in. This includes other horses out of the way and dogs that may get in the way tied up.
- Please have someone capable to hold the horse for our session who is going to pay attention and stay on whatever side that I'm working on.
- Please advise in advance if any biting or kicking issues or anything that may affect my safety.
- If we end up with extremely bad weather (especially thunder and lightning) and no safe under cover area it is highly likely that our session will be postponed for safety issues.

CANCELLATION POLICY:

Unless PRIOR arrangements have been made, payment in full is to be made on the day of visit.

For internet banking please pay into account ANZ 06-0689-0322180-00. Please ensure your name and invoice number is added as reference.

Unfortunately, due to some timewasters, I have had to establish a cancellation policy. If you cancel 48 hours prior to your appointment you will be charged half the price of a session. If cancelling under 24 hours you will be charged the full amount of a session including travel. These charges will apply unless there are special circumstances, and these will be judged on a case-by-case basis.

If you need to cancel your appointment it is essential that you contact Sarah direct on 021 703290

If payment is not made within 7 days 20% interest per month will be charged on all overdue accounts.

OTHER THINGS TO THINK ABOUT:

- Cancellations or Postponements – contact me direct if at short notice: 021 703290.
- Please try and be on time and ready for appointments. I usually try and arrive 10 minutes early so I can get myself organized so I can start at the time arranged. I allow up to 2 hours per horse so make the most of me in that time. I don't like to be late and hold the rest of my clients up so it is unlikely that I will be fitting in any extra horses that you want to tag on at the last minute. I will try and ring in advance if I think I'm going to be late.
- As our weather is so unpredictable, you need to organize to have a shed handy to get in if it starts raining to do assessments and bodywork. The shed does not have to be anywhere flash. Just somewhere a horse is happy to stand in if the weather is horrible. I will be at your place regardless of the weather so if wanting a saddle fitting you may need to ride. I can't do a full saddle fitting if I don't see you ride. For the ridden part you won't have to do much but at least a walk and rising trot. If you are not confident or are worried about riding - let me know. If your horse is young and green or hasn't been worked in a while – let me know. Safety always comes first. If you think you might need extra girths etc. to try saddles, please arrange to borrow some. I do sometimes carry some but no guarantees the right size.
- New saddles you may be trialling will need to be ridden in the dry weather or else undercover. Let me know in advance where you will be going to if planning on booking an indoor arena, so I can allow any extra driving time. Please arrange under cover arena if you are wanting to stay dry for ridden test. I'm certainly not bothered about standing in the rain watching you ride so if you are happy riding with a rain coat on then great. I am happy to meet at any indoor arenas - just let me know in advance so I know where to go and can allow extra travel time if needed. Also, if booking arenas for late sessions when it's going to be dark - please make sure the venue has lights! I can't do ridden tests if I can't see. I need to evaluate how the horse is going, what the saddle is doing and how the saddle is affecting the rider - as well as doing pressure tests.
- If you need to get in touch with me after our session, then email is best if you have questions. You can ring and leave a message or txt on mobile but if you don't get a reply, you know I'm either out of range, doing lots of horses at one place or haven't got it. I do long days and often by the time I'm finished it's late. Remember I'm sometimes on the road for days at a time. I will get back to you – just be patient. Feel free to send me a reminder if you don't hear from me in a couple of days.

Remember I do not cancel or postpone appointments unless something beyond my control has happened.

Any other questions please feel free to ask.

Thank you :-)

Sarah