

Fig.1

Flabby belly muscles (red) due to wrong posture of back.

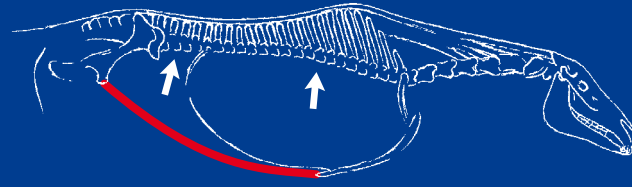


Fig. 2

A well trained, smooth belly muscular system (red) encourages the horse to arch the back in the lumbar and renal area.



Fig. 3

Foto: Stefan Lafrentz

The DIPO Trainer in practice. An ergonomic support to train relaxation of horses without movement restrictions as well as for the training of horses after osteotherapeutic treatment.

Facts and Functions

The DIPO Trainer is a training rein which contrary to conventional auxiliary reins does not act via pressure on mouth and poll. Instead of contracting it elongates the horse's neck. If pressure is applied to mouth and poll and the horse's neck is contracted, the horse cannot walk relaxed. Instead it tries to avoid the rider's aids by bending his back in the wrong direction (see fig 1.). This incorrect posture not only has a serious impact on the performance, but also on the health of the horse (e.g. kissing spine). In addition it is frequently documented that it is not possible to achieve a correct position of the hindquarters by pulling the horse's mouth or contracting his neck.

Reward instead of pain: the DIPO trainer acts without pressure on the sensitive neck and mouth.

Instead of inflicting pain to the horse's jaws, poll and the neck's contracted muscular system, the DIPO trainer rewards the horse: it immediately gives way as soon as the horse moves forwards/downwards. A contracted muscular system, however, causes damage to other muscular structures, as it applies pressure to the nerves which govern the front legs. The rewarding and relie-

ving function of the DIPO Reward instead of pain: the DIPO trainer acts without pressure on the sensitive neck and mouth.

Trainer is applied via the neck strap (F) (see fig. 4). If the horse lifts his head, this strap acts on the windpipe. The horse then immediately lowers his head again, and is rewarded as pressure of the neckstrap (F) on the windpipe eases off. During lunging no unexperienced rider can inflict pain to the horse, as this might be the case with the running reins.

The DIPO Trainer activates positive function chains, up to activating the hindquarters!

The DIPO Trainer starts the following positive movement chain: if the horse stretches his neck forwards/downwards, it arches the thoracic column in the area of withers and saddle (see fig. 2). Shoulder and neck muscles are fully flexible, ribs can move sideways and forwards according to their anatomic system, and can move freely in their joints with thoracic and spinal columns. The horse can breathe perfectly. The straight belly muscles start at the thoracic column and ribs and are attached to the pelvis. If the horse flexes withers and thoracic column, the tension on the belly muscles helps to arch the back in the lumbar and renal region. At the same time the pelvis, to which the hips are attached, slips into a position, that lowers

the croup, and the hind legs come forward under the horse's body. The DIPO Trainer activates positive function chains, up to activating the hindquarters! Trainer activates and trains these chains of muscles in line with classical riding principles. Therefore the DIPO Trainer is an efficient support for a functional muscle training of the horse as a whole. You will soon find that at the walk your horse's hind legs come forward much more actively. The DIPO Trainer helps to arch your horse's back, however, it cannot replace riding. There are two things it cannot do:

1. It cannot achieve the horse's straitening out, as requested during riding education.
2. It cannot replace the bending of the horse for which the rider's legs are needed. No flat work can do that.

Background

The DIPO Trainer is an efficient ergonomic support. However, it cannot repair poorly fitting saddles or lunging reins. Therefore please check whether there is enough room between the horse's back and the saddle and upholster the lunging rein on both sides of the head so that it is soft and sits high enough!

- does not interfere with mouth or neck
- encourages the horse to arch the back through training of belly muscles
- encourages the horse to move forwards/downwards (avoids kissing spine)
- activates hindquarters
- encourages relaxation

The DIPO Trainer does not replace the osteotherapeutic treatment. It can only exert its physiological effects if the horse's joints and muscles are moving freely. However, it is an ideal training rein to be applied after an osteopathic treatment and to horses without any movement restrictions.

Beware of aching muscles!

As the DIPO Trainer acts on the whole body of the horse, you should be very careful at the beginning of the training in order to avoid aching muscles. Your horse will react similarly to an untrained human after taking up training.

Training Recommendation

During the first 3 to 4 days you should use the DIPO Trainer for not more than 20 minutes. Split your training into 2/3 walking pace and 1/3 trot in each direction.

(Example: 7 minutes walking pace, 3 minutes trot, then change direction) At the end of the training sequence open the snaplinks and let your horse walk for a few minutes with his neck stretched out.

Do not let your horse canter during the first training sequences. For further training advice please contact your trainer or therapist.

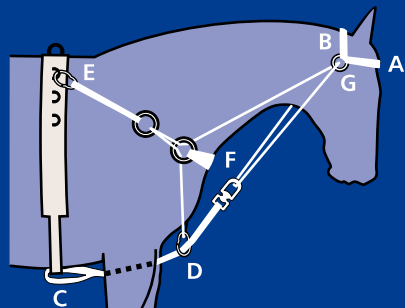


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DIPO-Trainer



How to put on the DIPO Trainer

Put the DIPO Trainer on as follows: put the bridle on the horse's head. Then put the brow band (A) and the head strap (B) of the DIPO Trainer on top of the bridle. Place the brow band of the DIPO Trainer below the brow band of the bridle.

Fasten the loop (C) to the belly girth. Fasten the loop (D) only before you start lunging. On the way from stable to lunging area fasten the snaplinks (E) to each other and slip them over the horse's neck or hook them into the rings (G) at the bridle. After a few rounds at walking pace fasten the snaplinks at the upper rings of the lunging belt or if you lunge the saddled horse hook them into the metal rings at the pommel.

Make sure that the strap that runs between the front legs is not too tight. It must not pull the horse's head down. The straps that run along the sides of the neck must be short enough to make sure that the leather strap (F) touches the windpipe without obstructing the horse's breathing. It may occur that after a few rounds the lateral straps have to be shortened.

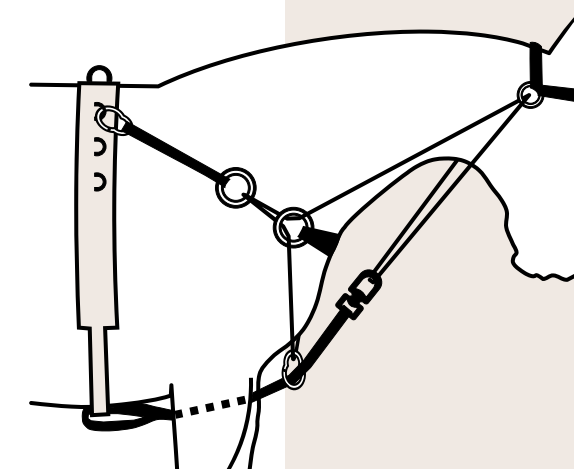
A vital prerequisite for the use of the DIPO Trainer is: the horse should not have any joint or muscular restrictions. Otherwise it can afflict pain. For that reason you can purchase the DIPO Trainer only from DIPO Trainers or experienced experts.

The DIPO Trainer is available at three sizes:

- S height up to approx. 145 cm
- M height up to approx. 165 cm
- L height from approx. 165 cm



DIPO-Trainer



DIPO

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