



backinaction

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."



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These Riders agree

“The Mobiliser works”

Harry Meade



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”.





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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

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User Comments

Practitioner letter:

My own experience has been positive - I have more mobility and less discomfort in my back than I have had for years. Most importantly I was able to persuade my father who is 83 to use it as he could see the improvements in me. He has suffered from degeneration in his spine for as long as I can remember and over the past few years has been finding it harder to walk and became very stooped. After just 4 weeks on the mobiliser, he is able to stand straight and is walking the dog. I would not be exaggerating to say it has given him back his sense of life!

We would urge other practitioners to spend time using the mobiliser before using it with patients/clients as we are convinced that this personal experience lends itself to the efficacy of their treatment.

Ella Squires

Dr Ella Squires (C.Psychol, AFBPsS)

Gemma Clark

Gemma Clark (MCSP, SRP)

Dr Ella Squires (C.Psychol.) Chartered Psychologist specialising in Neuropsychology
Rehabilitation and support services for adults with acquired brain injuries.
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England Goalkeeper Article: Spring 2013

16 months ago, former Liverpool and England Goalkeeper Chris Kirkland was ready to call time on his career despite being just 30. Back pain and spasms were preventing him training and playing to his maximum ability. Yet this season he has been a permanent fixture between the Sheffield Wednesday posts and he feels his back is the best it has ever felt.

Kirkland will tell anyone that a device called The Mobiliser has saved his career. He says he can now train the way he wants and prepare fully for games.





Is this your back pain story?

This 45 year speaks for many of our clients. She used our consultancy service to let us know her history and her progress with the Mobiliser... ..

"I have had back trouble for over 30 years, the first instance when I was 14. For many years I have had episodes where my neck and/or shoulders freeze. I have had constant unrelenting referred pain behind my shoulder blade which no amount of manipulation, massage, movement therapy, or heated towel rail in the middle of the night could resolve.

I walk around listening intently to my back so that I do not trigger anything. I carry industrial strength pain killers everywhere... just in case I trigger an episode by mistake. My back feels fragile and regularly gives unexplained short sharp pains, I cannot walk for more than two hours without severe lower back pain, which I have learned to ignore - can't take painkillers constantly.



When I get up in the morning I do a damn fine impression of a ninety year old

I avoid ducking under my horse fence, I pick up hay bales with extreme caution and I have started avoiding some physically demanding things like digging and lifting. I cannot garden for more than an hour. I cannot remember when last I had a full night's sleep. Turning involves a careful, three stage movement every couple of hours to relieve the aches. If I lie too long on my back I get stuck. If I lie on my stomach on the beach I cannot get up - so I don't. Consequently I only get a tan on my front!"



After using the mobiliser twice a day for one Month:

"Perfect and lovely. Despite ABSOLUTELY THRASHING my back in the garden yesterday - completed the major spring weeding of the flower beds. This is the task which used to send me scuttling indoors to un-crimp myself every couple of hours.

Oh, and I have won my dressage test entered at the local county show today.... described by the judge as "beautifully ridden" in the rider marks.

Thanks mobi - left side necessary for this to happen!"