

OVERVIEW OF PROBLEMS CAUSED BY NATURAL ASYMMETRY

Asymmetry is not a problem for a horse, it is precisely the contrary: in the wild it is important for survival. Problems only arise when the rider's weight is added to a horse. If a rider does not correct all the dimensions of asymmetry, this usually results in an imbalance in the muscles in the topline and underline of the horse and this can lead to tension and problems in the back and over straining the front legs. And tension and/or pain in the body often lead to stress in the mind. Below you will find all of the most common problems caused by asymmetry.



3.1. RIDING PROBLEMS

- To be able to perform the exercises to one side and not to the other
- Trouble with turning
- Falling in on the inside shoulder
- Falling out over the outsider shoulder
- Uneven contact on the reins
- Hard in the mouth
- Holding on to the bit on one side
- Heavy in the hand
- Leaning on the reins
- Not stretching the neck
- Incorrect strike off in canter
- Disunited in canter
- Lateral movements in walk and/or canter
- No square halt
- Backing up in a straight line is impossible
- Speeding up automatically
- Prancing
- Slow
- Hard to sit to in trot
- Rider and saddle slide to one side (the stretched side). Rider ends up sitting crooked.
- Little freedom in the shoulders
- Short steps
- Irregular rhythm or bridle lameness

3.2. MENTAL & BEHAVIORAL PROBLEMS

- Alert
- Nervous
- Protesting
- Striking
- Rearing
- Bucking
- Ears flat when doing specific exercises
- Panicking

3.3. PHYSICAL PROBLEMS

- Tilting the head
- Head shaking
- Grinding its teeth
- Tongue hangs out of the mouth
- Swishing the tail
- Back problems
- Kissing spines
- Dull coat
- Lumps on the back
- Strain injuries in front leg(s)
- Irregularities in the gaits
- Lameness
- Navicular disease
- Joint problems (SI, knee, hip)
- Bone spavin
- Galls

3.4. OTHER CAUSES

The problems listed on the previous page can of course also have other causes besides natural asymmetry. Of course, the following aspect should be considered, since the horse is a prairie-dwelling animal that needs movement and social contact.

- Proper feed, plenty of roughage
- Fresh air and sunlight
- Freedom to move in a paddock or field
- Contact with other horses
- A saddle, bridle and bit that fit correctly
- Using a block to mount the horse prevents back problems.



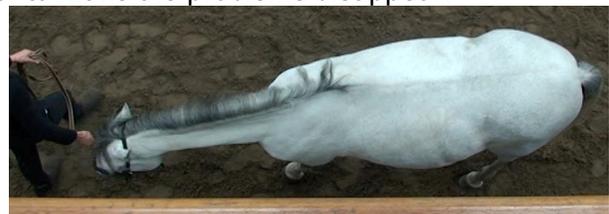
When all this is considered and specialists such as veterinarians, dentists and others do not offer a solution, and different kinds of bits didn't help, then natural asymmetry might be considered as the cause of the problems.

It is always important to deal with the cause of the problems and not just with the symptoms. For example, it is not advisable to use side-reins and/or special bits to fix problems with the horse's softness in the mouth or head / neck position. The symptom: Not coming towards the riders' hands is not coming from the horse's mouth, but from the cause: its natural asymmetry.

It is important to reduce the natural asymmetry in order to make the problems disappear.

The rider has to recognize the natural asymmetry and imbalance and has to help the horse to develop the horse symmetrically in body and limbs.

Natural asymmetry is a muscle problem, which can be solved by training the muscles. This training is called straightness training.



Asymmetrical



Correct bending



This document is part of Straightness Training Mini Mastery.

If you would like to watch the corresponding video, please click on this link:

[Http://www.urly.nl/minimastery](http://www.urly.nl/minimastery)

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