HorseSource.org Directory Listing

Rider Injury prevention & rehabilitation

Keeping riders limber long after the last show!



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OVERVIEW

I'm Gabrielle Pullen, a movement educator, feldenkrais practitioner, rider and licensed massage therapist with 25 years Experience. currently, in 2024, I am revisiting the question of musculoskeletal health from the perspective of having been unable to walk for several months last year. If you are looking for ways to improve your mobility beyond the conventional physical therapy, I can help you. It has been quite a journey to realize that doctors and physical therapist basically think it's fine if you can walk and that's good enough. I don't think so . I have a much higher standard of health! I have found ways to work with my self-care that keep me mobile and pain-free. When conventional medicine has nothing to offer. If this sounds interesting to you, and you were looking to extend the life of your career as a rider, even if you have pain or injuries, I can…