



BCF

EQUESTRIAN

ATHLETIC TRAINING & WELLNESS



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Comprehensive Care for the Equestrian Athlete

ASSESS • CONNECT • RECOVER

Rooted in science, guided by purpose.

BCF Equestrian blends sports medicine, movement science, and equestrian experience to support riders, trainers, barn professionals, and horse owners through personalized wellness and performance services.



CORE SERVICES OFFERED

Education and advocacy are woven into every service at BCF Equestrian, helping equestrians better understand their bodies and take ownership of their health, movement, and performance.

On the reverse side, you'll find a detailed overview of current services designed to support riders, trainers, barn professionals, and equestrian athletes both in and out of the saddle.



Rider Position & Biomechanics Analysis (mounted)

\$125/ 60min session

- An in-depth look at how your body interacts with the horse while riding, analyzing position, alignment, and movement patterns to identify opportunities for improved efficiency and communication.
- Includes feedback and an individualized performance program to support better body control and effectiveness in the saddle.

Unmounted One-on-One Programming

\$100/ 60min session, \$75/ 30min follow-up

- Movement Assessments (unmounted)- designed to evaluate how your body moves, assessing mobility, stability, balance, and coordination as they relate to mechanics and overall performance. Includes an individualized performance program.
- Mobility sessions- to improve flexibility, joint mobility, and core stability: key components for effective horsemanship to help your body move more freely and efficiently, supporting better position, comfort, and performance in or out of the saddle.
- Injury Prevention and Pre-Season Preparation for Competitors- to prepare for the demands of an upcoming show season or increased workload, focusing on strength/endurance/mobility. Sessions are designed to support better mechanics and reduce the risk of common equestrian-related aches, pains, and overuse issues, or to stay consistent in training and maintain long-term physical health. Great for those who keep their feet on the ground but struggle with the day to day physical requirements of owning or working on a farm!
- Return-to-ride support- Guided non-clinical progression for equestrians returning to activity after time off. These sessions focus on rebuilding strength, confidence, and mobility in a structured, supportive way to safely transition back into activity.
- Ongoing wellness programs- designed to improve strength, mobility, balance, and body awareness while reducing injury risk to support longevity. Sessions are focused on helping your body recover from the physical demands of riding, farm work, and/or training and are great for managing general soreness and maintaining consistency in your current discipline or program. May include guided mobility work and stretching to help you feel and move your best.

Individualized Performance Programs \$50

- Focused on improving strength, stability, balance, and body awareness for riding. These personalized home exercise plans are designed to help you develop better control, symmetry, and connection with your horse.
- Individualized to your goals, discipline, and current fitness level, with an emphasis on building a strong, resilient foundation. Does not include mounted/unmounted assessments.

Mounted and Unmounted Clinics

- Designed for your clientele, pricing as per clinic structure
(inquire for more information)

Educational Presentations, Demonstrations, and Speaking Engagements \$500

- 60 minute educational sessions for trainers, barn managers/owners, equestrian athletes, and parents- specializing in concussion education.

Athletic Training

Injury assessment with physician/
specialist referral (as appropriate) -
\$125

- Includes Corrective Exercise Plan after injury or musculoskeletal dysfunction

Concussion evaluation and
management (physician directed) -
\$125

- **Baseline & Acute Injury Assessment:** Offering screening tools utilized in the sports medicine field to establish pre-injury, post-injury, and recovery-phase data, under the direction of a licensed physician.
- **On-Site Assessment & Immediate Care:** Providing [ringside] assessments to recognize and immediately remove equestrians from activity to prevent further injury.
- **Referral Services:** Recommendations and scheduling for an evaluation by a sport-related concussion medical provider (DO, MD, CRNP, PAC) who works with your insurance, and collaboration to ensure a thorough assessment so diagnosis can be provided.
- **Return-to-"Ride" Protocols (physician directed):** Overseeing gradual, staged, and individualized, evidence-based return to activity plans, ensuring safety when getting back to horse-related activities.
- **Rehabilitation Support:** Coordinating with specialists to provide concussion-specific rehabilitation as directed by the supervising physician and physical therapist.

Follow up evaluations -
\$75/hour

- Ongoing treatments for injury management (including modalities and manual therapy)
- Includes onsite Return to Ride supervision

Event/competition/clinic coverage -
\$65/hr

- "First aid" station/tent
- Pre-ride stretching, taping, and/or treatments
- Onsite injury management

Mileage: due to the travel needed for individualized assessments, a round-trip fee of \$.725/mile will be added for services provided outside of 30 miles from Nazareth, PA.