

# TOP NOTCH PHYSICAL THERAPY

RIDER BIOMECHANICS



## Background

### *Our Why*

Founded in 2023, we saw a gap in the treatment of pelvic health and equestrian biomechanics and knew we wanted to help not only treat symptoms of dysfunction but get to the root of problems facilitating long lasting solutions.

Far too often we see our clients misunderstood by the medical community. It isn't their fault, but they don't have the knowledge about the potential physical therapy can have for this very specialized population.

Our mission is to help clients with pelvic health and equestrian focused biomechanical issues feel heard, understood, hopeful and empowered in their journey towards recovery and optimizing performance.

### *Who we are as a business*

Top Notch Physical Therapy is based in beautiful San Luis Obispo, CA and was founded by Dr. Suzanne Kritz, PT, DPT, CFPS, APTA pelvic health specialist.

### *Our Lead Therapist*

Dr. Suzanne graduated from Cal Poly San Luis Obispo with a Bachelor's degree in Animal Science and Clarkson University with a Doctorate degree in Physical Therapy. Later she went on to pursue further training to become a level 2 pelvic health specialist through the prestigious APTA Academy of Pelvic Health.

	<p>Suzanne has been active as an equestrian since she was young, continuing her riding journey and education through college, graduate school and as a working professional. She has particular enthusiasm towards dressage having schooled through Prix St. George, but also enjoys lower level eventing and functional horsemanship. She has a coming 5 year old gelding, Onohi.</p> <p>She knows the struggle many adult amateurs and professional riders face to manage riding and fitness required to be successful.</p> <p>Dr. Suzanne has been privileged to train with some of the best in equestrian sport including Jaclyn Pepper Millard, Anne Palmer, Jackie Eckhaus, Lisa Moore, David Hillman, JP Dyal, Megan McIver, Bec Braitling and Andrea Baxter.</p>
<i>Our Mission</i>	<p>Dr. Suzanne believes in a whole body approach through use of biomechanical analysis both in and out of the saddle facilitating creation of individualized treatment plans to help all equestrians ride pain free and improve their relationship with their horse!</p>

# **Workshops/ Clinics/ individual sessions**

<i>Lecture</i>	<ul style="list-style-type: none"> <li>• Basics of pelvic anatomy/functional application</li> <li>• Basics of riding biomechanics</li> <li>• Basics of mindset</li> </ul>
<i>Interactive group rider checklist (WS/C only)</i>	<ul style="list-style-type: none"> <li>• Interactive checklist for pelvic awareness</li> <li>• Interactive checklist for breathing</li> <li>• Interactive checklist for mobility</li> </ul>

*Clinic/  
Individual  
sessions*

1. Forms will be sent to participant(s) prior to clinic with intake information regarding injuries, riding goals etc.
2. Observation of participant rider on horse
3. Off the horse, on table observation and assessment
  - range of motion
  - strength
  - neuromuscular control
1. Off horse, on table initial treatment
  - addressing root cause discovered above
    - may include some or all of the following, manual therapy, exercises, k taping, muscle release
1. On the horse treatment for carryover
  - ~60 minutes

\*\*may include external cuing items (participant specific)

# FEES

Individual  
sessions

- \$225/rider at home barn within 5 mile radius of San Luis Obispo
  - includes: 15 min follow up zoom call 30 days after clinic & personalized home exercise program

Clinic

- 6-7 riders
- \$250/rider
  - Includes: individualized home exercise program & 15 minute follow up zoom call 30 days after clinic
  - 10% Discount for USEA Area VI adult rider members
- Auditor fee: \$25/day
  - if riding in clinic no auditor fee
- Additional travel fees may apply

# CONTACT US



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