## TABLE OF CONTENTS

	Foreword by Andrea Koslik	ix
	Foreword by Dr. Gerd Heuschmann	xi
	Foreword by Walter A. Zettl	xiii
	Acknowledgments	xv
IP	TRODUCTION: FOR THE GOOD OF THE HORSE	xviii
	"That's the Way It's Always Been Done!"	2
	A Saddle Made for Women?	3
	A Symbiotic Relationship	3
	Well-Trained Saddle Fitters Needed!	4
	We Want You!	6
	What I Hope to Achieve with This Book	6
1	IN THE SADDLE: "THIS IS THE WAY WE'VE	
	ALWAYS DONE IT!"—PAST VS. PRESENT	8
	A History of Saddle Making: From Custom to Mass Production	11
	The Industrial Revolution: A Rift in the History of Saddle Making	13
	The Saddlery Trade Today: Cookie-Cutter?	18
	Economics vs. Education	23
	The Role of the Saddle within the Circle of Influence	25
2	BALANCE AND RIDER POSITION	30
	The Balance Point: How and Where Should the Rider Sit?	32
3	WOMEN RIDING IN SADDLES MADE BY MEN,	
	FOR MEN Men vs. Women	38 44
	Issues Impacting Rider Health Caused by Poor Saddle Fit or Gender-Inappropriate Saddles	53
	The Solution: Gender Correct Saddles for Men and Women	56
	What About Children?	58
	TTIME / LOCAL CITIES CIT.	



4	<b>EXACTLY WHERE IS THE SADDLE-SUPPORT AREA?</b>	60
	The Horse's Back: Building Bridges	61
	The Girth and the Rib Cage	70
	"A Train Crash": Problems from the Scapula to the Sacroiliac	72
	The Scapulae	75
	The Natural Asymmetry of the Horse	79
	How the Horse's Asymmetry Affects Saddle Fit	84
5	TRAINING THE HORSE TO BE RIDDEN	90
	Where Should the Rider Sit?	91
	3-5-8	92
	Is a Custom Saddle Necessary for a Young Horse?	93
	Each Riding Discipline Requires Its Own Saddle	98
6	A SHORT HISTORY OF HORSES	104
	Our Riding Horses Today: Shifting the Weight from Front to Back	105

7	WHEN THE SHOE DOESN'T FIT	110
	The Reflex Points	116
	Main Reflex Points in the Saddle-Support Area	118
	Irreparable Damage	120
8	SADDLE-FITTING EXPERTISE	124
	How Do I Recognize a Good Saddle Fitter?	127
9	SADDLE FITTING—IT'S NOT ROCKET SCIENCE (OR IS IT?): WHAT HAPPENS IN A SADDLE-FIT	
	EVALUATION?	132
	Why Is My Saddle Twisted?	134
	The Saddle-Support Area	137
1(	SADDLE FITTING 101: THE BASICS IN DETAIL	142
	Saddle Length	143
	The Saddle-Support Area	144
	Vertical Panels	147

## viii SUFFERING IN SILENCE

Withers Freedom	150	
The Gullet Plate	151	
The Gullet Channel	155	
The Girth	156	
The Billet Systems	159	
Saddle Pads	160	
11 DOES THE SADDLE FIT THE RIDER?	164	
The Saddle's Seat	165	
Stirrup-Bar Position	170	
The Saddle Flap	171	
Thigh Rolls	173	
Tree vs. No Tree	176	
A Saddle or a "Prosthesis"?	180	
FINAL WORDS	182	
ABOUT THE AUTHOR	189	
RECOMMENDED WEBSITES	190	
RECOMMENDED READING IN		
GERMAN AND ENGLISH	191	
PHOTO & ILLUSTRATION CREDITS		
INDEX	103	