

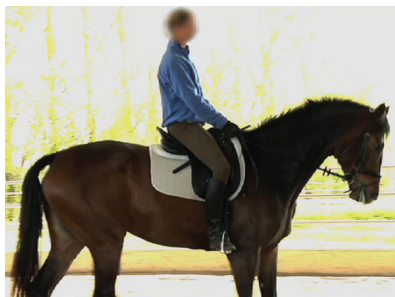
# Female Saddle Design

Riders should be comfortably positioned and supported to support giving of “aids” while promoting movement. Unfortunately, many female riders experience discomfort because they ride in a saddle designed for a man, such as:

- Back, hip, knee and pelvic pain
- Recurring bladder infections
- ‘Fighting the saddle’
- Feeling out of balance
- Falling into a ‘chair-seat’
- Swinging legs
- Knees and toes turned out

Ergonomically designed female saddles allow riders to sit properly and comfortably to prevent saddle related pain and potential long term back, hip, knee or pelvic issues. Features of the female saddle include:

- Extended stirrup bars assist positioning of the typically longer femur (in comparison to the length of the lower leg) to prevent swinging of the leg.
- Narrow twist accommodates hip angle, allowing the inner thigh to be closer to the horse; wider and extra soft seat provides support and comfort for wider female seat bones.
- A variety of flap angles accommodate unique thigh and hip angles
- Eliminating pressure or rubbing of soft tissue and pubic symphysis of female riders (with advantages for men too).



*In a saddle made for a man, the female rider collapses at the hip into a chair-seat position.*



*Ergonomically designed ‘Saddles for Women’ allow female riders to sit properly and comfortably.*