

2021 ONLINE ASSESSMENT INTAKE FORM

Congrats on taking the first step to helping your equine athlete feel & move their best! Through this online assessment you will be able to work your athlete according to their musculoskeletal needs!



IN ORDER FOR US TO PERFORM YOUR ASSESSMENT PLEASE ENSURE YOU HAVE ALL 3 PARTS OF THIS FORM COMPLETED

- Part 1 - Initial Intake Form & Equine Athlete History
- Part 2 - Required Photos
- Part 3 - Required Videos

**YOU CAN SEND THIS FORM & YOUR FILES TO [VITALITYEQUINE.@GMAIL.COM](mailto:vitalityequine@gmail.com)
OR VIA FACEBOOK MESSENGER TO [@VITALITY EQUINE](https://www.facebook.com/vitalityequine)**

PART 1

LET'S GET TO KNOW YOU & YOUR HORSE!

RIDER INFORMATION

Your Name: _____

Email: _____

Phone Number: _____

EQUINE ATHLETE INFORMATION

Name: _____

Age: _____

Sex: _____

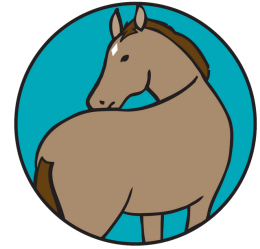
Breed: _____

Discipline: _____

How long have you owned this horse: _____

Previous performance history: _____

**2021 ONLINE ASSESSMENT
INTAKE FORM**



**VITALITY
EQUINE**

PART 1 CONT.

LET'S GET TO KNOW YOU & YOUR HORSE!

What is your current training and conditioning program? (i.e. How many times a week do you ride? More cardio or more strength training? Give us details, we want to know!)

What are your goals for your equine athlete?

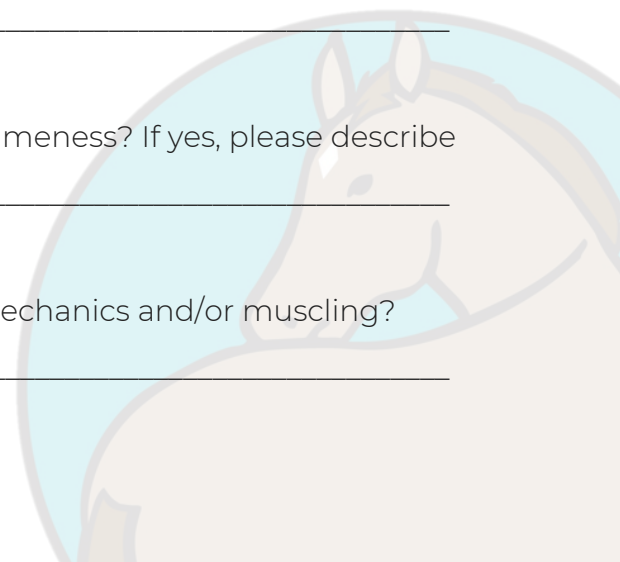
What is your equine athlete's current housing & turnout schedule?

When were your equine athlete's teeth last addressed?

When was your equine athlete last seen by a veterinarian? And Why?

Does your equine athlete have any history of injury or lameness? If yes, please describe

Do you have any specific concerns about posture, biomechanics and/or muscling?



2021 ONLINE ASSESSMENT INTAKE FORM



PART 2 REQUIRED PHOTOS

In order for #TeamVE to evaluate your equine athlete's posture, we will need the following photos of your equine athlete. *Please try and have optimal lighting & your equine athlete's limb as square as possible.

1. View from the front (ensuring head is level & ears, and nose are included)
2. Full body view from the left side (lateral)
3. Full body view from the right side (lateral)
4. View from the hind end (if possible please tie the tail in a knot)

Optional - View of your athlete's back, while standing on a stool 3 feet away from your horse's tail...for an aerial view of your horse's spine from the skull to the tail.

PART 3 REQUIRED VIDEOS

In order for #TeamVE to evaluate your equine athlete's biomechanics, we will need the following videos of your equine athlete. Thirty second clips of each is perfect. It can be a continuous video. Without tack is preferable. Keep your circle under 20m.

1. Walk in a Straight Line - 30 seconds view from the front, side & back - Total 90 secs
2. Trot in a Straight Line - 30 seconds view from the front, side & back - Total 90 secs
3. W, T, C in a clockwise direction - 30 seconds in each gait - Total 90 secs
4. W, T, C in a counter- clockwise direction - 30 seconds in each gait - Total 90 secs
5. Backing Up in a Straight Line
6. Crossing Over in a Small Circle, - 5x with right hind, 5x with left hind

Optional - Recent videos of rider in the saddle of the same movements listed above. And a recent video of the rider performing in their discipline is EVEN BETTER.

**YOU CAN SEND THIS FORM & YOUR FILES TO VITALITYEQUINE@GMAIL.COM
OR VIA FACEBOOK MESSENGER TO [@VITALITY EQUINE](https://www.facebook.com/vitalityequine)**