

Saddle Fit Checklist

Understand and learn to Identify the signs of poor saddle fit to help yourself and your horse perform at the best of you're ability without pain and discomfort.



Saddlesfit 4 Life®



Fit Challenge Checklist

Does your Horse...	Yes	No
Refuse to move forward?	<input type="checkbox"/>	<input type="checkbox"/>
Become girthy?	<input type="checkbox"/>	<input type="checkbox"/>
Stumble, trip or feel like they stepped into a hole?	<input type="checkbox"/>	<input type="checkbox"/>
Rear?	<input type="checkbox"/>	<input type="checkbox"/>
Buck?	<input type="checkbox"/>	<input type="checkbox"/>
Have difficulties bending in either direction?	<input type="checkbox"/>	<input type="checkbox"/>
Have difficulty picking up a canter lead?	<input type="checkbox"/>	<input type="checkbox"/>
Feel better/worse in one direction?	<input type="checkbox"/>	<input type="checkbox"/>
Resist or go through you're aids?	<input type="checkbox"/>	<input type="checkbox"/>
Constantly swish their tail?	<input type="checkbox"/>	<input type="checkbox"/>
Hold the tail to one side?	<input type="checkbox"/>	<input type="checkbox"/>
Go around with an open mouth or tongue out?	<input type="checkbox"/>	<input type="checkbox"/>
Yank the reins out of your hands?	<input type="checkbox"/>	<input type="checkbox"/>
Curl in behind the vertical?	<input type="checkbox"/>	<input type="checkbox"/>
Refuse jumps?	<input type="checkbox"/>	<input type="checkbox"/>
Kick out while ridden?	<input type="checkbox"/>	<input type="checkbox"/>
Have blisters or white hairs under the saddle after a ride?	<input type="checkbox"/>	<input type="checkbox"/>
Lack engagement?	<input type="checkbox"/>	<input type="checkbox"/>
Hunters bump?	<input type="checkbox"/>	<input type="checkbox"/>
Heavy on the forehand?	<input type="checkbox"/>	<input type="checkbox"/>

Section	YES
Horse	/20
Rider	/17
Saddle	/8
TOTAL	/45

Fit Challenge Checklist

Do you as a Rider...	Yes	No
Feel like you need to catch up with your feet when riding?	<input type="checkbox"/>	<input type="checkbox"/>
Struggle to keep your legs back/beneath you?	<input type="checkbox"/>	<input type="checkbox"/>
Feel uncomfortable between your upper-inner thighs in the saddle?	<input type="checkbox"/>	<input type="checkbox"/>
Struggle to feel your seat bones?	<input type="checkbox"/>	<input type="checkbox"/>
Have your toes turned outward when the feet are out of the stirrups?	<input type="checkbox"/>	<input type="checkbox"/>
Have your knees turned outwards with feet in the stirrups?	<input type="checkbox"/>	<input type="checkbox"/>
Find it difficult to post comfortably?	<input type="checkbox"/>	<input type="checkbox"/>
Have difficulty sitting the trot?	<input type="checkbox"/>	<input type="checkbox"/>
Have difficulty sitting the canter?	<input type="checkbox"/>	<input type="checkbox"/>
Feel the seam of the saddle?	<input type="checkbox"/>	<input type="checkbox"/>
Need to sit further back to be comfortable?	<input type="checkbox"/>	<input type="checkbox"/>
Find yourself in a chair position?	<input type="checkbox"/>	<input type="checkbox"/>
Find It difficult to tilt your pelvis forward without pain/discomfort?	<input type="checkbox"/>	<input type="checkbox"/>
Find it difficult to tilt your pelvis backwards without pain/discomfort?	<input type="checkbox"/>	<input type="checkbox"/>
Feel pulled apart at the hips?	<input type="checkbox"/>	<input type="checkbox"/>
Have back pain?	<input type="checkbox"/>	<input type="checkbox"/>
Have knee pain?	<input type="checkbox"/>	<input type="checkbox"/>
Does Your Saddle...	Yes	No
Sit on the shoulder?	<input type="checkbox"/>	<input type="checkbox"/>
Sit behind the last thoracic vertebrae? (T18)	<input type="checkbox"/>	<input type="checkbox"/>
Do your billets fall behind or in front of the girth groove?	<input type="checkbox"/>	<input type="checkbox"/>
Tilt backwards or forwards?	<input type="checkbox"/>	<input type="checkbox"/>
Fall to the left or to the right?	<input type="checkbox"/>	<input type="checkbox"/>
Have less than 2-3 fingers gap both on top and on the sides of the withers?	<input type="checkbox"/>	<input type="checkbox"/>
Tree angle and width match the angle and width of your horses shoulder?	<input type="checkbox"/>	<input type="checkbox"/>
Have uneven contact under the panel (too tight or loose/no contact in areas)?	<input type="checkbox"/>	<input type="checkbox"/>

How did you score?

How did you score for the HORSE?

Any questions that you answered Yes to speak about potential saddle fit issues that could be causing your horse pain, discomfort and stress.

If you answered Yes to more than 5 questions, you need to have a serious look at the fit of your saddle and its suitability to your horse.

How did you score for the RIDER?

Saddle fit to rider is equally important as saddle fit to horse, but an often overlooked component when purchasing a saddle. An unbalanced and non-fitted rider can actually cause the saddle to no longer fit the horse!

Rider pain, imbalance, unevenness are all contributing factors to pain and imbalance in the horse.

How did you score for the SADDLE?

With only 8 of the 40+ components we look at when determining saddle fit, ANY questions answered with YES are a major red flag!

Those listed are some of the most basic yet important aspects of correct fit and need to be addressed immediately.



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