



Physiotherapy at Vale View Equestrian

Andrew Thomas is currently the Lead Physiotherapist for the British Equestrian Federation. He is responsible for the Eventing, Dressage, Para Equestrian Dressage and Showjumping Performance and Development Squads.

He was the Olympic Team GB Physiotherapist to the Equestrian Teams in Beijing 2008 and also will be for London 2012. Andrew has been the Physiotherapist at two World Equestrian Games, and 8 European Championships and is the Lead Physio at Badminton, Burghley, Bramham Three Day Events and also at Olympia.

Having a background in riding Andrew has developed specific techniques to eliminate and prevent musculoskeletal problems associated with riders. He also has developed specific screening techniques to help reduce imbalances and weaknesses that may affect riding techniques in all disciplines and is able to provide a specific exercise plan on and off the horse to address any potential issues working and also working closely with coaches.

Prior to working for the British Equestrian Federation Andrew was the Deputy Head of Football Medicine at The Football Association and Physiotherapist to the England Team helping them prepare for the World Cup in Japan 2002 and for the European Championships in Portugal.

After leaving The FA Andrew took up the post as Lead Physiotherapist for the English Institute of Sport looking after the elite Heptathletes and Long and Triple jumpers preparing them all for the Athens Olympics 2004.

Andrew now specialises in all types of musculoskeletal problems and specialise in spinal pain and rehabilitation.

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Rider Screening Assessments

Rider Specific Exercise Classes to improve Stability, Balance, Strength & Fitness

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