



Archive Team Apollo News from Middleton Equestrian Centre

Title: Update

Date: April 2009

Team Apollo News for April 2009

Unfortunately, I didn't get to ride at Stafford in March 2009, I took Buffy cross country schooling to Somerford Park Farm on the 1st March and whilst we were both a bit rusty, we enjoyed jumping around the fences; until about ten to one in the afternoon when I decided to jump a bank to what we call a 'skinny fence', which is a little square box, it had two conifers either side of it and I jumped off of the bank and as she landed with two strides to the skinny, she tripped over. This started to catapult me into the air, but Buffy being Buffy, and being the honest genuine little mare that she is, she tried to get up and jump the fence. The action of her getting up sent me further into the air into a somersault and I landed on my back, on top of the fence, which was a solid box.

Just to prove I did jump the fence before the accident, quite well and in balance, I am posting a photo sequence of it !



Luckily, I had on my brand new, on the market only last year, Kan Body Protector, as I hit the fence I knew that I had really hurt myself this time, and I slithered to the floor. The next thing I remember is seeing Buffy's feet coming over the fence and I knew that this could be lights out for me! However, she saw me too, and put her feet down on top of the fence to avoid jumping on top of me; she didn't quite hit the fence with as much force as I did, but I knew she had hurt herself, and she hit the fence and ran away. I normally jump up after a fall telling everyone I am okay. However, on this occasion I knew that I wasn't ok, because I couldn't actually move. But no one is allowed to cry when they fall off, it's just what happens when you ride a horse, expect to fall off it !

I luckily had my sister with me who is a trained paramedic. I told her I had no feeling from the waist down, but I would be 'okay in a minute' – this is now my catchphrase - ; I twice tried to get up only to find that it was just not possible, and I was stuck in the middle of a field, unable to sit up, walk or do anything. My first reaction after a fall or any kind of accident is "DON'T RING AN AMBULANCE", I hate not being in control of the situation and I asked Sally and Trevor not to call an ambulance, I just hate making a fuss. Paul Barron, who was with us at the time, went to get his car. However, as the minutes ticked by I realised I wasn't going to be able to get up and get into a car, because I couldn't move.

At that point I was grateful that I had on my new body protector, which I would never normally wear whilst schooling, my comment was always "it's only Buffy" - we are an experienced team and I don't normally fall. However, this wasn't a fall because of a mistake or a fence that we hit wrong, she just tripped over. I believe to this day, that if I hadn't have had the maximum protection on that I could be wearing, that I would now be in a wheel chair. Anyway, I am not, and I am here to tell the tale. I finally, conceded to an ambulance knowing that I wasn't going to get off the field without the assistance of some kind of pain relief. The ambulance turned up about 30 minutes later and I was strapped to a spinal board, I refused any kind of pain relief, because I needed to know what was going on and I didn't want them doing anything to me that I wasn't aware of, so I wouldn't have any morphine and I was not a great patient!! I did try the gas and air



though – laughing gas they called it – well it didn't make me laugh – I found the tube you suck on more of a help as I bit down on it to help with the pain !!!

They took me to North Staffs, where I had my head blocked in and I was panicking at this stage, because I couldn't quite work out what I had done, but I knew it was quite serious. To cut a long story short, eight hours passed and I had many, many x rays and I was still not allowed to sit up or have my head out of the block, which made me panic even more. I conceded to five milligrams of morphine in the end - what a great Sunday afternoon drug that is! Suddenly I felt I could get off the bed and go home, as I had no pain. However, Sally tells me that is just the effect of the morphine and not the fact that I had gotten better in the last five minutes!!

Eventually, I was allowed home at eight o'clock that night, I could not walk without aid and was assisted to the car and that was six weeks ago. Since then I have had an MRI scan, which was scarier than the fall, I have to say, an MRI scanner can only be described as a coffin with lights!

The scan showed that I had badly rotated my pelvis, I bent my coccyx bone underneath itself and without going into the gory detail, I should really have a procedure, which is completely unspeakable and I couldn't possibly have it done. Therefore, for the last six weeks I have been having physio, very painful physio, from Gemma Wise on my back, but I am now on my feet and riding again, but I am not supposed to over do it!

I have therefore had to pull out of Stafford, I have pulled out of Draycott House and I have pulled out of Eland Lodge. I am attempting to compete for the first time at Solihull on 25th and 26th April, but that is if I am allowed to by all the medical staff, having said that, I never take any notice of anyone normally, so why should it be different this time

Buffy has been kept fit by Lewis, Deb and Sally and anyone who will ride her or lunge her for me. However, she is still overweight and she needs to do more canter work before I could possibly take her to an event, so I will be doing that over the next few weeks, but my back is still very sore and lets me know in no uncertain terms that it cannot cope with riding two horses for two hours every day!!

On a more happier note, Duke has shown signs of recovery, his medication is working, his imprint shoes – laughingly called his 'Jimmy Choos' on account of how expensive they are – seem to be working and he is now back out in the field and enjoying himself, so miracles do happen.

Unfortunately, our latest bit of bad news is that Daniel – Apollo Statesman – is also lame and has had to have some shock wave treatment to both his hocks and some cartofen injections to try and alleviate some of his stiffness, we think these injuries are just wear and tear, he will be 14 this year, but as ever Matt Fernadez, our vet, remains very positive and thinks he may come back and compete again, but possibly not until next year. So Sally is now restricted to walking only. So we have got a lame horse and a sound rider, and a sound horse and a lame rider, that's the way it goes in the horsey world!!

The little stallion, Leo – Apollo Secret Liaison – continues in his education and is an absolute pet, apart from the biting, but then he is a stallion and he is only three and a half. We have nicknamed him the baby faced assassin as he bites with a smile on his face !

Lewis and Salvadore have been to their first competition, where Lewis unceremoniously bit the dust and managed to clear the warm up arena, however he went on to do a very nice four year old test, and was placed sixth, and won his first rosette. We are very pleased with him and think he is going to be a star horse for the future.

We hope that you like the new look of our new website, we are very pleased with it, any comments or improvements or anything you would like to see on the website, please email me and I will do my best. Also have a go at the caption competition, which I have re-introduced, and try and win yourself a half an hour private riding lesson. Results for this caption competition will be at the end of April.

The Kan Body Protector

Going back to the fall I had I would like to comment here on the body protector that I was wearing at the time, it was brand new out onto the market last year and without it I believe I would have broken my back.



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There is a link here for you to click onto and look at the body protector, it is formed for the female body and although feels very heavy when you hold it, when you ride in it, it is very comfortable.

I would encourage anybody whether riding on the flat, hacking out or jumping. to purchase one of these body protectors as my accident happened just because of a trip not because of a bad fall or a mistake by horse or rider, or any other reason, just a trip. There is no price that you can put on your health and safety when riding and if anyone wishes to speak to me personally about the body protector I am happy to show them the body protector and let them try mine on, and see how comfortable it is.

Also attached are some documents for you to peruse regarding this revolutionary idea – please take some time to have a look – there is no price you can put on your safety.....

[Kan Fact Sheet June 2008 \(1\).pdf](#)

<http://www.kanteg.com/>



RIDER COMMENTS:

International Event Riders

Jeanette Brakewell "This body protector allows me to breathe and maintain my own oxygen levels and performance; I find the Kan very comfortable and my movement is not restricted at all"

Nicola Wilson "Although heavy to hold, I am amazed at how comfortable and unrestricting this body protector is. I actually enjoy wearing this important part of our cross country kit. I took a fall at Gatcombe in August and was delighted with the support and flexibility it gave, allowing me to role away from the horse. I can thoroughly recommend this comfortable and important part of cross country kit"

Lottie Prentice "Finally a body protector that allows for a women's shape. Once on it is comfortable and lightweight, it is also breathable and flexible. I also liked the way it was curved to fit the spine."

Izzy Taylor "I fractured 2 vertebrae so having a good body protector is very important to me. With Kan Teq's superb design I feel safe and have the movement which other body protectors don't always allow"

Sonja Johnston Australian Olympic silver medal winner "The Kan body protector is definitely NOT heavy in fact I do not notice it at all when I am wearing it. Anything to increase my safety while not interfering in anyway with my performance is a hit with me."

From customers:

Hannah Walker "I am delighted with the fit and the amount of mobility I have with my Kan body protector. Although I hate wearing body protectors this one is by far the most comfortable and I am very pleased with the purchase".

Michelle Davies Old Mill Saddlery www.saddlery.biz "It's fair to say, the Kan body protector, at first sight, seems bulky and quite heavy, the miracle being when you first put the garment on. Kan is an innovative garment for the equestrian world, with the lightweight protector providing maximum support, maximum protection and maximum freedom to breathe and move freely, a task many body protectors fail to match. The protector must be experienced to realise its true potential. The Kan body protector exceeds all expectations."

Eleanor Barnes Graham "I absolutely adore the Kan Teq body protector. The attention to detail in the design is evidently enormous. The shape, thus the support it provides is fantastic and it makes me feel very safe which I think nowadays in this sport is imperative. It's fabulous to be able to wear a body protector that doesn't make me look like a man!!!

Debbie "Just thought I would let you know I am really pleased with this body protector. I was unfortunate enough to hit the deck at Mattingly, however I had no bruises and no aches afterwards, unbelievable."



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My comment would be – ‘ever grateful to Wendy for bringing the Kan Body Protector to the marketplace’ – without her I would have a broken back – as it is the Kan took most of the blow and I suffered injuries to my body only where the body protector doesn’t cover – thanks again to Wendy and the Kan’

More news will follow after Solihull and that depends on me being fit enough to ride and Buffy staying sound – who knows - it’s horses after all!!