

PAP Training Bands User Guide

To view videos and more photos of how to fit, please visit our website or Facebook page.

1. Pre-stretch bands before first use.
2. Desensitize horse to bands by gently rubbing over the horses hindquarters and abdominal regions on both sides, and under the tail.
3. Fit saddlepad under saddle securing tabs onto girth, D-rings or around bottom stirrup leather.
4. Attach one band at a time and have a helper present for first time. Clip on one side and run band around to the other side keeping tension and clip on other side.
5. Walk horse forward to get accustomed to feeling of band. When horse is comfortable repeat with other band.
6. Hand walk or lunge initially with bands not at full tension. Once happy increase tension of bands up to 50% of full stretch for optimal results.
7. Position hindquarter band just below point of buttock under tail. If band is sliding up adjust tension.
8. Adjust tension by shortening/lengthening band through the sliders. To prevent slipping during initial tensioning, ensure sliders are up next to buckles.
9. Once optimum tension is established, lock position of band by threading back through buckle and secure ends into slider. Excess band can be trimmed.
10. Wear bands from beginning of session and remove towards end of session if necessary. Do not fit part way through session for optimal results.
11. Gradually increase time of use during session and reduce overall working time to prevent fatigue.
12. After use rinse bands in clean water to remove sweat and extend life. Store in clean, dry state away from direct sunlight.



Correct position of bands

Band threaded for easy adjustment



Band locked into position



Threading band to locked position

When to Use

The PAP Training Bands system should be used from the start of a workout, emphasizing transitions between and within gaits to encourage engagement. The System recruits' muscles that many horses do not normally use so to avoid fatigue and muscle soreness, the system must be used for short periods of time with regular walk/rest breaks during the session. Duration of use can be increased gradually as the musculature strengthens. If the horse appears fatigued or is struggling at anytime, cease use immediately.

Frequency

It is recommended for use two to three times a week for the first month then reduced over time to one to two sessions per week as the horse learns to maintain his own core muscular strength. It is known that neuromuscular adaptation to new exercise takes from four to six weeks, and it takes up to three months to gain full strength and condition. Once the horse is fully conditioned, use of the PAP Training Bands system can be tapered down to weekly or biweekly use for maintenance of core strength and control. Individual results may vary and if any gait irregularity is noted, use of the PAP Training Bands system must be ceased immediately and veterinary attention is advised.

Care and Cleaning

Wash the bands after each use with mild soap and water to remove sweat and prolong their life. Avoid contact with sprays, especially fly sprays as the ingredients can degrade the rubber. The saddle pad can be machine washed at 30° but do NOT machine wash the resistance bands. Store the pad and bands in a clean, dry state away from direct sunlight.

Top Tips from Performance Animal Physiotherapy and Rehabilitation

- If the abdominal band slips back or if the hindquarter band rides up, check the tension – it is often too loose. For optimal postural fit, ask for an abdominal lift when fitting the abdominal band by scratching on the midline underneath, and ensure that the horse is standing under itself with the hind legs when fitting the hindquarter band.
- Always use the band system at the start of a workout and remove the bands if necessary. Do not add the bands after warm-up or during a riding/training session: this defeats the objects of neuromuscular stimulation. Neuromuscular activation is best achieved at the start of a session, particularly during the warm-up phase. We recommend use of the abdominal band before adding the hindquarter band.
- The PAP Training Bands system is the ideal compliment to physiotherapy treatments and prescriptive exercise programs. This allows your horses gait and muscular developments to be monitored, tension and soreness to be addressed and specific programs designed to improved your horse's weaknesses monitored and adjusted when necessary. If you would like any further assistance with regard to training, exercises and rehabilitation from a Veterinary Physiotherapists point of view, I am very happy to help, please get in contact.

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