

Horse Mounting Steps

<https://youtu.be/6NhQmnKI-F0>

Stephen Gilson: When I mount, I – typically riders will put their, uh, left foot in the stirrup and then their right leg will go over the rear of the horse. Because I can't do that. Because I don't have any joint muscles- I don't have any flexion- so I can't – there's simply no way that I could do that kind of mounting.

Stephen Gilson: So the only way I'm able to get on Obi, or any other horse I ride, is being up over the top of them – my right leg actually goes over the withers and then I have to lower myself into the saddle, and then put my feet in the stirrups. So, in order to do that, typical mounting block for most arenas – for most riders- is going to be a two-step mounting block. So it would be, this one and this one perhaps. And so, you can see some that may be three steps, but this is, that still doesn't put me up high enough, up above Obi or my other horse. And so we bought this, and this a marine mounting block, as if you were climbing from the dock on to your boat – at some marina someplace. And the other part for me, in terms of safety, it has – this came with it- uh, this bar that I hold- can hold on to. That still doesn't get me high enough so that I can easily get on my horse, without wrenching the horse's back or putting me at risk of falling. So, we - Carl Stanhope, he does a lot of work around here - built this block for me that is merely 4 pieces of wood with a brace in the middle and handles on either end so that I can move it wherever I need to move it in the arena. This, then, typically when Liz rides, she just uses this. But because I need the more height, we have this -this goes on top. And one of the things about this particular mounting block now is it also has – just in terms of kind of safety issues- so this isn't moving around – is there's a frame around it, so when it sits there- it sits in there absolutely secure. So it's not going to- so I don't have that variable effecting my mounting a horse, or those types of issues. So once that's in place, then what we do is, is – and Liz is going to help me because she also does this, just in terms of- this is just for me in terms safety issues, uh, brings him – now Obi is good, and probably doesn't really need it. Liz is going to hold Obi.

Liz DePoy: (Laughing) Obi had something to say

Stephen Gilson: What did he do?

Liz DePoy: Where do you want him?

Stephen Gilson: Probably going this way.

Liz DePoy: (Makes clicking noises) Come on, step up.

Stephen Gilson: And you can see what happens at this point, I'm on top, so I can easily go down with my - (clicking noise to make horse walk).

Stephen Gilson: OK then, then just in terms of safety purposes for me -because most riders, when they, when they - what they would do – is they have flexion here –

would take their right leg over, over the rear of the horse. I can't do that. So the only way – how I get (grunting)- – this goes over, that goes over the withers of the horse.

Liz DePoy: So you have to have the right horse.

Stephen Gilson: You have to have the right horse, which you know, part of connecting up with my horse – finding the right horse- is also Sandi Oliver who kind of picked the horse for me. In fact, she picked B.P., she also picked Obi. As You see Obi just kind of stands in place and doesn't move and allows me to mount him from on top – just being lowered on to him, as well as getting off, in terms of taking my foot, and, you know, unfortunately banging his withers with my heel – but he kind of just stays in place. (Music)