



# What goes up...

## For the well-endowed lady rider by Wendy Murdoch

**B**ig breasts might be beautiful, but for women with a lot of bounce up top, riding can be a less pleasant experience. Excessive movement of the mammaries can be uncomfortable, painful, and distracting, and sitting to the trot can be difficult. When the D-cup runneth over, a stretch of the imagination may be needed.

Back in 1998, international riding clinician Wendy Murdoch was teaching on a horseback safari in Africa. One of her clients who was very well-endowed tried all the usual solutions to stabilise her bouncing breasts, but nothing was satisfactory. After approaching the problem from a different angle, she came up with an idea which both client and teacher agreed was superior; the premise was simple - stop boob movement before it begins.

Sports bras were a wonderful development, but they're often uncomfortably tight-fitting and they produce a 'uni-boob' look, which is not very flattering. Basically, the concept behind sports bras is to flatten the breasts to the chest. And, while bra construction has improved over the years, it seems the makers never consider the cause of the problem - gravity.

What goes up must come down. In the case of boobs, there's no actual pain in the upward movement, although there can be a confusing picture in the sitting trot; the pain is caused when boobs hit the bottom of the bounce. What stops the drop is similar to someone bungee jumping - the tissues that connect the breasts to the chest are like a bungee cord, and everything inside gets jarred like the person on the end of the cord. Ouch! For those without this problem, it can be hard to imagine the discomfort.

Squishing the breasts to the rib-cage, as with a sports bra, minimises the movement but doesn't stop it; there's still the problem of 'what goes up must come down'. The solution lies in stopping everything from going up - therefore it can't go down, and land with a slam.

The device adapted was an elastic belt (any fairly wide, elastic material would do). The idea is to strap the elastic around the chest, just above the breasts. The belt or strapping should press down on the top of the breasts so that they are snugly pressed down, although not so tightly that the breathing is affected! If the right kind of belt isn't handy or available, one could be made with the purchase of some wide elastic, with ends of Velcro for adjustable fastening.

In the wintertime, or under a jacket, this solution is invisible. But in summertime, with t-shirts and open shirts, it may be visible, or look a little strange. Then it's time to resort to the next level. Another student who was shown this idea went one step further. She bought some wide elastic and sewed it onto her bra so that it became part of her bra instead of a separate strap. This worked very well, and was not visible, even under a T-shirt.

The wider the elastic material, the more secure things will be. With this simple and effective method, boob-bounce is largely eliminated, improving the rider's balance and making riding more comfortable. It's also convenient; a separate, removal, boob-belt can be slipped on before the ride, and taken off afterwards. No more uni-boob look when stopping off at the supermarket after a ride. No more suffocating, tight sports bra worn all day long. 🐾



When riding in a regular bra, things have a tendency to go up...., notice the wrinkles in the shirt.



And down, the fabric is stretched.



With a wide elastic belt fitted above the breasts and snugly pulled down over the top you will stop things from moving up. Hence no more pain.

## About The Author

An international riding instructor clinician, Wendy Murdoch resides in Washington VA and travels worldwide, teaching riders of all levels and disciplines how to improve their horse's performance by improving their own body position. Her book, *Simplify Your Riding and DVDs*, *Simplify Your Riding - Ride Like A Natural Part 1-3* are available at [www.murdochmethod.com](http://www.murdochmethod.com).



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