

# Grade IV Para Rider:

## CHELSEA BURNS

**HEY BRO**

**JDF MASTER DEE**



My name is Chelsea Burns and I am a Grade Four para dressage rider. I have rheumatoid arthritis, which I was diagnosed with as a teenager. I have limited strength and movement in my wrists, hands, hips and knees. I use loops on my reins to help me hold onto them, rubber bands to keep my feet in the stirrups and my stirrups are tied to my girth to help me stop my legs swinging around too much.

I ride Hey Bro, known around home as Ridge, and JDF Master Dee. Ridge is a 19yo Stationbred who I have owned for seven years. He is my current competitive para horse. Dee is a 14yo a thoroughbred, who I am hoping will step into Ridge's shoes. I have been riding him for just over a year and he is owned by myself and the Daines family.

