

NOTE: These shim recommendations are meant for use with NHS saddles. When using other saddles, we would advise using shoulder shim or half shim only

# SHIMMING AT A GLANCE

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## SHIM CHECKLIST

- Is your saddle set in proper position behind back edge of your horse's shoulder blade?
- Can you reach under the front of your saddle (underneath the pad) easily even after cinching? It's important the answer is YES!
- Is your saddle balanced? Where you sit should be the lowest point of the seat: a bit more toward the rear.
- Experiment with alternate shim choices and see what feels best!
- Your horse's back will lift vertically and expand horizontally during motion. You want just enough "shim help" to facilitate that. Rule of thumb: less is best. 1 or 2 should do the trick.
- Want more confidence you're getting it right? We've got you covered!

Take advantage of our FREE SADDLE FIT EVALUATION!

NEED MORE HELP? Contact us at [saddles@naturalhorsemansaddles.com](mailto:saddles@naturalhorsemansaddles.com) for a closer assessment of your individual issues or check the Website for lots of tips & videos under the SUPPORT section.

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<p><b>UPHILL</b> Withers are higher than croup</p> 	<p><b>LONG CENTER SHIM</b></p>  <p>OR</p> <p><b>HALF SHOULDER SHIM</b></p> 	<p><b>ROUND</b></p> 	<p><b>LONG CENTER SHIM</b></p>  <p>OR</p> <p><b>LONG CENTER SHIM</b></p> 
<p><b>LEVEL</b> Withers are level with croup</p> 	<p><b>SHOULDER SHIM</b></p>  <p>OR</p> <p><b>LONG CENTER SHIM</b></p> 	<p><b>HOLLOW</b> Sag in center back</p> 	<p><b>COMBO: LONG CENTER SHIM + SHOULDER SHIM</b></p> 
<p><b>DOWNHILL</b> Withers are lower than croup</p> 	<p><b>COMBO: LONG CENTER + HALF SHOULDER SHIM</b></p>  <p>OR</p> <p><b>SHOULDER SHIM + HALF SHOULDER SHIM</b></p> 	<p><b>HOLLOW BEHIND SHOULDER + DOWNHILL</b></p> 	<p><b>COMBO: LONG CENTER SHIM + SHOULDER SHIM</b></p> 
		<p><b>UNDERMUSCLED TOPLINE</b></p> 	<p><b>LONG CENTER SHIM</b></p> 