

For Immediate Release

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**Grand Prix Dressage Trainer Lauren Knopp—
Proud to be a TheraPlate Brand Ambassador**



Weatherford, TX (February 15, 2016) — It didn't take long for USDF Bronze, Silver, and Gold Medalist Lauren Knopp, of Wellington, Florida, to fall in love with the TheraPlate Revolution Therapy Platforms. She first discovered TheraPlate at a dressage show when she saw a horse using one. She looked in to the product and realized the value of using dynamic movement for rapid healing, comfort, and improved fitness of both horse and human. Knopp was thrilled when she got the chance to use a friend's TheraPlate for a month. She fell in love with the product and knew she needed one of her own. Knopp's enthusiasm for TheraPlate soon led her to becoming a TheraPlate Brand Ambassador for the Official Therapy Plate of the United States Equestrian Federation (USEF).

There is now a TheraPlate at IDA Farm, the bustling professional facility owned by Knopp's family in Wellington, Florida, where Knopp is based. She makes sure that her TheraPlate is available to everyone at the farm. "Having the TheraPlate at IDA is super advantageous for the competitors who board at IDA, because the TheraPlate has been proven to aid in recovery time and prevent injury. It is a great aid to use pre-training session," said Knopp. "It's a nice option boarders can use, especially if they already have a TheraPlate but wish to leave

it up north while they show in Florida for the winter season. Many horses at the IDA Farm have successfully used the TheraPlate to help recover from injury.”

This successful 24-year-old professional FEI dressage rider and trainer is currently showing two of her own horses, both Oldenburg geldings. Samoa 52 will be shown in the six-year-old classes this year, while De Gregory, age nine, will do the CDI small tour. Knopp puts both horses on the TheraPlate for 15 minutes six days per week before she rides. “They both love going on the TheraPlate, and actually De Gregory always tries to walk up on it when we walk past it!” she said. “They look forward to their daily TheraPlate sessions. It has helped immensely in the overall performance of my horses. My horses start off feeling like they have been warmed up already. The TheraPlate works especially well for De Gregory. I feel he is much looser throughout his body when he goes on the TheraPlate.”

Knopp uses the TheraPlate herself, as well— sometimes sharing the machine with her horses. “When my back is feeling tight or sore I will lay on it,” she said. “It is an amazing product. I always feel loose and supple after I am done using it.”

Knopp started her career as a successful Junior and Young Rider, including winning Team and Individual Silver medals at the 2009 Adequan North American Junior and Young Rider Championships. She was also the 2009 Reserve National Junior Champion. Knopp then went on to compete in the 2013 USEF National Dressage Championships in the Brentina Cup division, landing third place amongst the nation’s top up-and-coming young riders ages 16-25.

She has lived in Wellington, FL, since age 12, when her family moved from Pittsburgh, PA, so that she could pursue her dressage career. The move has paid off for this successful trainer and clinician, who hopes to represent her country internationally and continue training horses up the levels. Her work with top dressage trainers, such as Sasha Newman, Oded Shimoni, Marco Bernal, Caroline Roffman, and many other clinicians is showing, and she is currently training with IDA Farm’s Jaime Amian of Spain and also Neve Myburgh of Germany.

TheraPlate Revolution, the Official Therapy Plate of the United States Equestrian Federation (USEF), offers therapy platforms that improve fitness, relieve pain, and improve healing for horses, humans, and even canines. The innovative therapy platforms use dynamic movement that can maximize performance for both horse and human athletes, simply by standing on the platform. TheraPlate allows horses to return to competition sooner by reducing

healing time, and reduces the chances of injury as muscular and connected ligaments and tendons become more fit. To learn more about how TheraPlate can benefit you and your horses, visit www.theraplate.com or call toll-free (800) 920-3685 or direct (817) 629-5171.

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Photo: USDF Gold Medalist Lauren Knopp of Wellington, Florida's IDA Farm is a TheraPlate Brand Ambassador (Photo courtesy of JRPR— no photo credit necessary)