



# HOW DO YOU KNOW WHEN A BRIDLE FITS PERFECTLY?

THE FOUR MOST IMPORTANT STEPS FOR  
CORRECTLY FITTING A BRIDLE

# Hi there! Thanks for reading my e-book!



If a bridle does not fit correctly, it will restrict your horse's range of movement. If you structurally put a bridle on in the wrong way, you run the risk of injuries or sores. That is, of course, something you'd like to avoid. In this e-book, I will explain how to do it correctly!

But first, let me introduce myself. My name is Karin Toetenel, and I am the founder of and biomechanical fitter at 2FitHorses. In short: I use my 2FitHorses products and expertise to ensure a horse can move to the best of its ability. This helps prevent injuries and improves mobility. The benefit of having your horse move to the best of its ability precisely is what I love about my job. When I see horses that do not use their mobility to their full potential, I also see an unsolved puzzle. It triggers my creativity and passion for tackling this challenge with my expertise and facilitating the horse's mobility improvement.

It all started in 2012 when I was asked to research the bits of horses. To be honest, I was quite sceptical at first. If they genuinely thought a bit could make a difference, they first had to learn how to ride properly. Well, I had to eat my words...! Now, I am an advocate for helping people realise what a difference even the slightest change can make to a horse.

I started in 2012 and used my research results and findings to develop the 2FitHorses philosophy. This was only the beginning. What followed was 2FitHorses designs featuring pads, bridles, girths and... there is still more to come!

The right tools are not only important to your horse, but you also need to be able to use them correctly to achieve the best possible results. That is why I decided to write this e-book to explain how to fit a bridle perfectly. I have divided the process into four steps that are important for correctly fitting the bridle.

**Karin Toetenel**

FOUNDER AND BIOMECHANICAL FITTER 2FITHORSES

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**THANKS FOR READING!**  
EPILOGUE FROM KARIN

STEP BY STEP GUIDE

# **WHEN IS A BRIDLE PROPERLY FITTED?**



# STEP 1.

## THE CHEEKPIECES

The cheekpieces are a very important part of the horse's bridle. That is why you should adjust them correctly. When you have fastened the bridle, you can test this by pulling the cheekpieces sideways (away from the head). Upon pulling them sideways using only slight tension, the resulting gap should not exceed three centimetres.

*“When you pull the cheekpieces sideways, away from the head, using only slight tension, there should be a gap of 2 to 3 centimetres on both sides, as shown in the photo.”*

You can test this as follows. Stand in front of the horse and make sure you pull both sides simultaneously to create a gap of two to three centimetres while exerting only a slight tension away from the head.

When you loosen the cheekpieces, you will see a noticeable difference when you pull the cheekpieces outwards again with the same tension.

The resulting gap will be much more significant and should be avoided.

Why are looser cheekpieces undesirable? When the gap is more than three centimetres, the cheekpieces will move further away from the head, resulting in more leeway and friction in the mouth. The cheekpiece becomes unstable, which in turn increases the chance of cracked lips.



# STEP 2.

## THE HEADPIECE

When it comes to the headpiece, it is crucial to pay extra attention to its position. The headpiece should be placed behind the ears and between the occipital condyle and the first neck vertebrae when you look from the side. The wing of the first neck vertebrae (atlas) should be visible and should not be restricted in any way. The headpiece then runs straight down, so it forms a straight line to the cheekpiece of the noseband.

*“The headpiece runs straight down, which results in a straight line to the cheekpiece of the noseband.”*

When a noseband is too small and too close to the cheekbone, it will come down in an angled position relative to the headpiece. This is an undesirable position and will cause a pressure point behind the ears. That is why it is crucial to have the cheekpiece of the noseband in a linear position behind the cheekbone to allow the noseband to come down in a straight line. The final position should at least resemble the photo to the right.







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LIFE ISN'T  
PERFECT,  
BUT YOUR  
BRIDLE CAN  
BE.



# STEP 3.

## THE BROWBAND

Make sure the browband of the bridle is located above the temporomandibular joint. The browband needs to rest between the ear and the temporomandibular joint and fit loosely around the head. It is essential to have enough leeway so the browband is not pulled forward at any point. Make sure the headpiece remains in its location and does not pull towards the ears.

*“It is important to have enough leeway, so the browband is not pulled forward at any point.”*





# STEP 4.

## THE NOSEBAND

The position of the noseband is very important. Make sure half a finger or one finger fits between the noseband and the cheekbone of the horse. When more than one finger fits between the cheekbone and the noseband, the noseband is resting on the more brittle part of the nasal bone. The brittle part of the nasal bone starts where the upper jaw of the horse transitions into cartilage. This area, quite soft as indicated in the photo, is the beginning of the horse's nostrils and should be kept clear of any obstructions.

Upon fastening the noseband, it is crucial to take special care to ensure the top of the noseband is level. When the noseband is level across the nasal bone, fasten the noseband underneath the head without moving it out of alignment. Make sure the noseband is level across the nasal bone which allows it to run down horizontally and fit correctly.

*“Make sure the noseband is level across the nasal bone, which allows it to run down horizontally and fit properly.”*



Are you unsure how tightly you should fasten the noseband? I always advise you to fasten it in the same way you fasten your own belt around your waist. You tighten your belt enough to allow some pressure without it moving down, but you don't tighten it in such a way that it becomes uncomfortable. This translates to your noseband being loose enough to allow for freedom of movement but is nonetheless tight enough to stabilise the temporomandibular joint.

The same applies to fastening the flash strap. You want to avoid a flash strap that is too tight because the noseband will be pulled down and lose its level position. This results in more pressure on the horse's nasal bone.

To explain this better, I show an undesirable position of the noseband in the left photo and an adequately fitted noseband in the right photo.

The left photo shows a noseband positioned two fingers below the cheekbone. The flash strap also interferes with the levelness of the noseband, causing an unpleasant pressure on the horse's nose.



The right photo shows a correctly fitted noseband with a stable position. Whether the noseband should be positioned 1 or 0.5 centimetres below the cheekbone depends on the horse's preference.







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SMALL DETAILS  
MAKE  
A WORLD OF  
DIFFERENCE.





# THANK YOU!

Thank you for reading my e-book. I hope that the insights I provided were useful.

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*'I could never have imagined that it would make such a huge difference...'*

This is something our clients say all the time. Let us convince you too!

Curious as to what else we can do for you and your horse? Please take a look at our website.

**Karin Toetenel**

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[www.2fithorses.com](http://www.2fithorses.com)