Therapeutic Horseback Riding

Therapeutic riding is an equine-assisted activity for the purpose of contributing positively to the cognitive, physical, emotional and social well-being of individuals with special needs. Therapeutic riding provides benefits in the areas of health, education, sport and recreation & leisure. A disability does not have to limit a person from riding horses. In fact, experiencing the motion of a horse can be very therapeutic. Because horseback riding rhythmically moves the rider’s body in a manner similar to a human gait, riders with physical disabilities often show improvement in flexibility, balance and muscle strength.

For more information visit PATHINTL.ORG

Riding: The art of keeping a horse between you and the ground.
Author Unknown

No hour of life is wasted that is spent in the saddle.
Winston S. Churchill

All I pay my psychiatrist is the cost of feed and hay, and he’ll listen to me any day.
Author Unknown

"There is something about the outside of a horse that is good for the inside of a man."
—Winston S. Churchill
What is EAAT?

EAAT is the umbrella term for a range of treatments that includes activities and therapies with horses and other equines to promote physical, occupational, and emotional growth in persons with varying abilities.

EAAT include the following:
- Therapeutic Horseback Riding
- Vaulting
- Horsemanship
- Equine-Assisted Psychotherapy
- Hippotherapy
- Equine-Assisted Learning
- Therapeutic Carriage Driving

Equine-Assisted Psychotherapy

Equine Assisted Psychotherapy (EAP) incorporates horses with mental and behavioral health therapy and personal development. It is a collaborative effort between a licensed therapist and a horse professional working with the clients and horses to address treatment goals. Because of its intensity and effectiveness, it is considered a short-term, or “brief” approach.

For more information visit EAGALA.ORG

Hippotherapy

The term hippotherapy refers to how occupational therapy, physical therapy, and speech-language pathology professionals use evidence-based practice and clinical reasoning in the purposeful manipulation ofquine movement to engage sensory, neuromotor, and cognitive systems to achieve functional outcomes. In conjunction with the affordances of the equine environment and other treatment strategies, hippotherapy is part of a patient's integrated plan of care.

For more information visit Americanhippoassociation.org