



THERAPEUTIC RIDING

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### HIPPOTHERAPY

Sleepy Hollow Therapy provides Hippotherapy, Therapeutic Riding and Riding for the Disabled. Below is a brief explanation of what exactly Hippotherapy is and why it is so beneficial in treating disabilities.

#### **Horses, unique vehicles for exercising one's mind, body and spirit.**

Saddling up and riding a horse is an enjoyable experience for many people, but for someone with a disability it can signify much more – a road to recovery. Each year people are discovering more benefits of treating children on horseback. Not only does horse riding provide challenges, but also many rewards!

Hippotherapy is a physical, occupational or speech therapy treatment strategy that utilises equine movement. Here at Sleepy Hollow Horse Riding, as at many institutions worldwide, Hippotherapy is used as part of an integrated treatment program to achieve functional outcomes.

The benefits of Hippotherapy are as numerous as the types of disabilities and conditions served; riders who participate can experience physical, emotional, social and mental rewards. There is also the sense of independence found on horseback that benefits all who ride. The therapeutic qualities of horseback riding are recognized by many medical professionals and individuals of all ages, disabilities and conditions utilize therapeutic horseback riding and other equine activities.

The horse's soothing rhythm, strength, warmth, and three-dimensional movement patterns provide healthy exercise for the rider, while also improving circulation, muscle tone, control, balance, co-ordination and strength of the rider. The horse moves the human pelvis in exactly the way the pelvis would move when the person is walking. The human body learns what it feels like to walk without having to actively do the movement.

Unique relationships form between horse and rider helping to overcome fears and develop trust in the therapeutic team and themselves.

Children with cognitive and sensory disabilities can be helped with riding activities, as riding requires attention, reasoning skills and memory. Examples of some of these disorders include learning disabilities, low tone, autism, developmental disorders, CP, ADD/ADHD and dyslexia.