



HIPPOTHERAPY

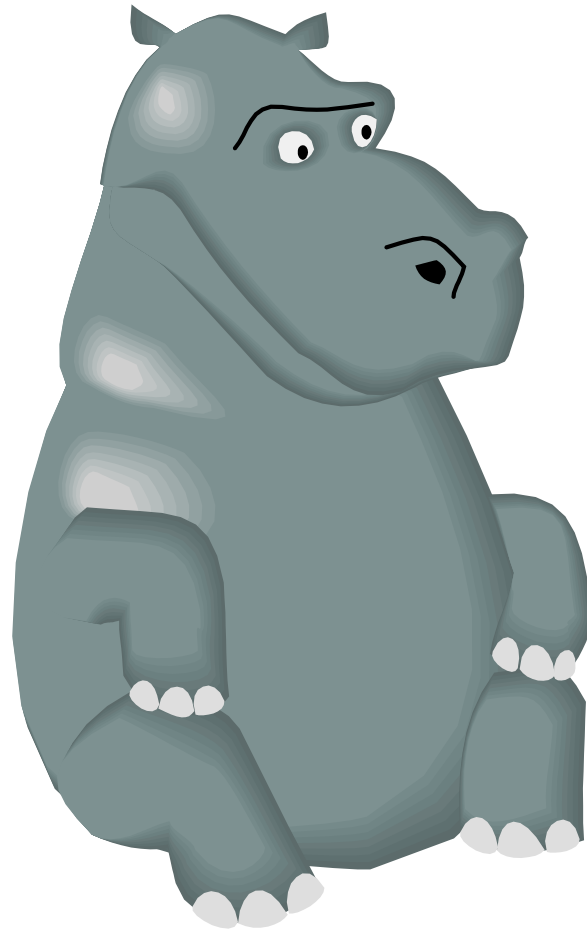
Mission Statement

Angel Paths mission is to improve the body, mind and spirits of individuals with physical and mental disabilities through high-quality therapeutic programs, specializing in equine-assisted activities

Objectives

- Understand the aspects of Hippotherapy
- Understand how the horse is used as a modality for treatment
- Understand the difference between Hippotherapy and Therapeutic riding

What is Hippotherapy



Derived from the Greek *hippos* (horse), "hippotherapy" literally refers to treatment or therapy aided by a horse.



What is Hippotherapy

Hippotherapy is a physical, occupational or speech therapy treatment strategy that utilizes equine movement. Hippotherapy is utilized as part of an integrated treatment program to achieve functional outcomes.

What is Hippotherapy

- **Physical Therapists:** The physical therapist can overlay a variety of motor tasks on the horse's movement to address the motor needs of each patient and to promote functional outcomes in skill areas related to gross motor ability such as sitting, standing, and walking.
- **Occupational Therapists:** The occupational therapist is able to combine the effects of the equine movement with other standard intervention strategies for working on fine motor control, sensory integration, feeding skills, attentional skills, and functional daily living skills in a progressively challenging manner.
- **Speech-Language Pathologists:** The speech-language pathologist is able to use equine movement to facilitate the physiologic systems that support speech and language. When combined with other standard speech-language intervention strategies, the speech-language pathologist is able generate effective remediation of communication disorders and promote functional communication outcomes.

Reference American Hippotherapy Association

http://www.americanhippotherapyassociation.org/aha_hpot_tool.htm

Equine movement

GAITS OF THE HORSE

Gait is the term used for the horse's way of going. One can distinguish between the gaits by the sequence of footfalls, the rhythm, and the speed. Each gait can be modified relative to the amount of ground that the horse covers with each stride.

Walk

- The walk is a four-beat gait that averages about 4 miles per hour.
- sequence: left hind leg, left front leg, right hind leg, right front leg, in a regular 1-2-3-4 beat.
- At the walk, the horse will always have one foot raised and the other three feet on the ground, save for a brief moment when weight is being transferred from one foot to another. A horse moves its head and neck in a slight up and down motion that helps maintain balance
- Symmetrical

Equine movement

Trot/Jog

- The trot is a two-beat gait that has a wide variation in possible speeds, but averages about 8 miles per hour
- the horse moves its legs in unison in diagonal pairs. From the standpoint of the balance of the horse, this is a very stable gait, and the horse need not make major balancing motions with its head and neck.¹
- Symmetrical
- Variations:
- Jog - a two beat gait with less suspension than the trot. Used occasionally in hippotherapy; the horse moves with an even rhythm
- Working - the easiest trot for the horse with basic training; the horse moves freely forward with balance and regularity. Commonly used for schooling or warm-up of the therapy horse.

Equine movement

- **Canter**
- Rhythm: 3 beats (1-2-3)
Asymmetrical: right lead or left lead
- **Gallop**
- Rhythm: 4 Beats (1-2-3-4)
Asymmetrical: right lead or left lead

What is special about equine movement?

Equine movement provides multidimensional movement, which is variable, rhythmic and repetitive. The horse provides a dynamic base of support, making it an excellent tool for increasing trunk strength and control, balance, building overall postural strength and endurance, addressing weight bearing, and motor planning. Equine movement offers well-modulated sensory input to vestibular, proprioceptive, tactile and visual channels. During gait transitions, the patient must perform subtle adjustments in the trunk to maintain a stable position. When a patient is sitting forward astride the horse, the horse's walking gait imparts movement responses remarkably similar to normal human gait. The effects of equine movement on postural control, sensory systems, and motor planning can be used to facilitate coordination and timing, grading of responses, respiratory control, sensory integration skills and attentional skills. Equine movement can be used to facilitate the neurophysiologic systems that support all of our functional daily living skills.

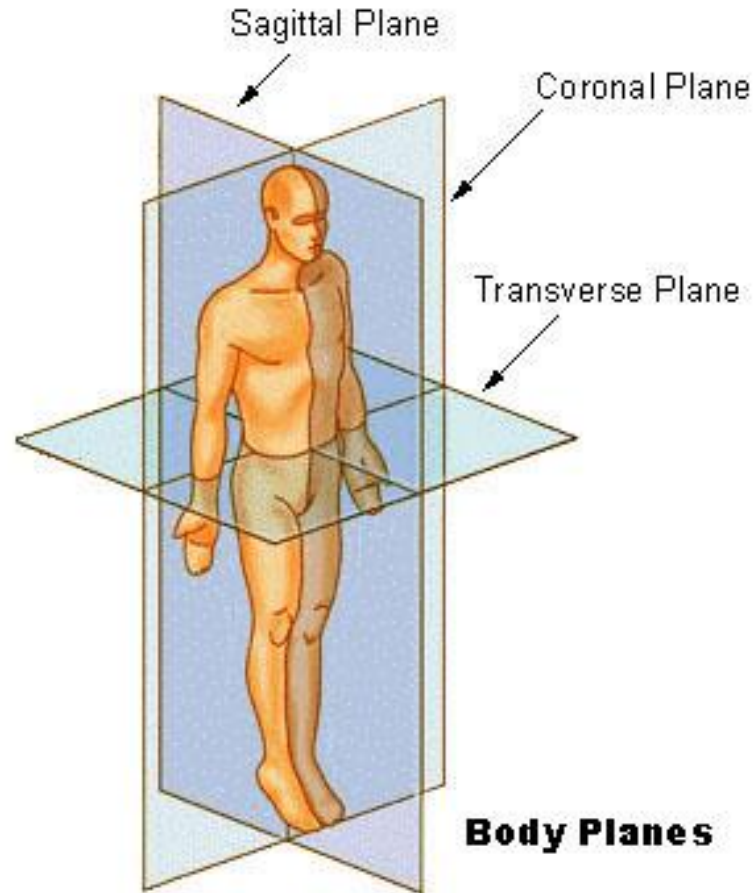
Movement of your body is three-dimensional

Sagittal Plane

Frontal Plane

Transverse Plane

CARDINAL PLANES OF MOVEMENT



Movement of the pelvis during walking when sitting on a walking Horse.

- Anterior-Posterior (sagittal plane)
- Lateral Tilt (frontal plane)
- Rotation (transverse plane)

Movement of the Center of Gravity during wailing and When Sitting on a Walking Horse

- Side to side (lateral displacement)
- Forward
- Up and down (vertical displacement)

Equine movement provides

- Sensorimotor experiences that are precise, rhythmic and repetitive are necessary for most human behavior.
- Repetitive, predictable and symmetrical dynamic surface on which the patient can develop and practice functional postural control and balance.
- Movement through space that provide opportunities to experience visual flow and vestibular input within a functional context.

Speech and Language

In order to produce language one must have

- Postural control
- Respiratory support
- Motor control
- Timing and Rhythm

All are dependent upon normal pelvic mobility and support.

Speech and Language

- Poor postural support results in poor articulation reduced oral reduced vocal intensity, poor breath control and reduced utterance length.
- Disorders in tactile, arousal and vestibular and proprioceptive systems, affect speech

Equine movement provides

- An organized state of arousal
- Stimulation of various sensory systems
- Stimulation of various cortical pathways
- Effect on muscle tone and function
- Respiratory control
- Timing
- Postural results

American Hippotherapy Certification Board Credentials – HPCS

- *Currently licensed or certified to practice as a PT, PTA, OT, OTA, SLP, or SLPA in the US or the equivalent in other countries.*
- *At least one year of full-time or the equivalent (2000 hours) experience in practice.*
- *Taking AHA, Inc Level I and II courses, or equivalent*
- *A minimum of 25 hrs of one on one direct treatment in clinical practice using hippotherapy following Level II course.*
- *Experience/comfort level working with horses.*

For additional information, please visit:

<http://www.ptcny.com/clients/AHCB/index.html>

<http://www.americanhippotherapyassociation.org/>

Hippotherapy

- The movement of the horse is a treatment tool.
- **Physical, occupational or speech therapy**, which is approved by a physician.
- licensed, credentialed therapist.
- Direct hands-on participation by the therapist at all times.
- The horse's movement is essential to assist in meeting therapy goals.
- The goal of hippotherapy is to improve neurological functioning in cognition, body movement, organization, and attention levels to improve function off the horse.
- The treating therapist continually assesses and modifies therapy based on the client's responses.
- Is reimbursable by medical insurance.

Therapeutic Riding

- Adapted recreational horseback riding lessons
- Recreational horseback riding lessons adapted to individuals with disabilities.
- Completed by a certified therapeutic horseback riding instructor in conjunction with volunteers.
- The individual is often taught riding lessons in a group format.
- There is occasional hands-on assistance by the riding instructor and/or volunteers, but the instructor usually teaches from the center of the arena.
- Emphasis is on riding, not therapeutic goals.
- Not covered by medical insurance.

How to help....

Angel Paths Therapy is a 501(C)3 not for profit

Medical reimbursement pays for the therapy but due to the high cost of insurance and maintaining horses it does not cover all the costs.

1 horse can eat 12 to 15 bales a hay a month at \$8.00 to \$12.00 a bale.

Supplements

Farrier cost

Yearly Shots

Vet bills \$\$\$\$

How to help....

Volunteer

Call 553-1208

- Become a horse leader
- Help around the barn
- Help with fundraisers
- Help write a grant
- Tell someone else who might want to volunteer

How to help....

Shop at

<http://www.shop.com/angelpathstherapy>



Questions?

