

Hippotherapy

at Shallyn's Physical Therapy and Wellness Services



The Principles of Hippotherapy (the use of a horse to obtain desired patient response):

- The horse's movement promotes active responses in the patient.
- Variations in the horse's movement, as directed by the therapists, promote variations in the patient's response.
- Patient responses are intended to affect function.

Specific Benefits of Hippotherapy include:

Balance strategies

Body awareness

Endurance

Modification of muscle tonus

Neuromotor function

Respiratory function

Symmetry and alignment

Belief in one's functional capabilities

Circulation

Midline orientation

Muscle strength

Posture

Self-confidence

Timing and coordination of motor strategies

Bilateral integration

Dynamic postural stability

Mobility of pelvis, spine, and hip joints

Musculoskeletal alignment

Problem-solving movement strategies

Sensorimotor integration