



# Hippotherapy

With Anderson & RDA Carine



## What is Hippotherapy?

Hippotherapy is a form of treatment conducted by specially trained Physiotherapists, Occupational Therapists and Speech Pathologists. Utilising equine movement, the therapists undertake evidence-based practice and clinical reasoning to engage sensory, neuromotor and cognitive systems to promote functional outcomes.

Here at Anderson, Hippotherapy is integrated within an individual's therapy plan as we aim to provide a holistic approach, tailored to our client's unique needs and characteristics.

## The benefits.

- Development of more functional balance strategies
- Mobility of pelvis
- Increased endurance
- Improved timing and coordination of motor strategies
- Increased self esteem and confidence
- Increased body awareness
- Improved dynamic balance and postural stability
- Modification of muscle tone
- Improved symmetry and alignment
- Improved sensory-motor integration
- Increased attention and ability to focus



## During your session.

At RDA Carine, we have a highly specialised team running our hippotherapy sessions. With therapy conducted by our Physiotherapist or Occupational Therapist, a Head Coach oversees the wellbeing of the horses and the clients riding them. These experts and a team of volunteers will ensure that the client has a safe, enjoyable, and productive session each time they attend.

Our sessions generally run with two clients in each, with the lead therapist maintaining constant supervision of both clients throughout and intervening with a hands-on approach when required. Standing behind or to the horse's side, our therapists observe postural changes and provide instructions to the rest of the team as needed.

We always try to stay as close to lesson times as possible, but please be aware that there are sometimes factors beyond our control that may delay your session start time. The reality is that we are working with animals, and sometimes things don't go according to our time frame or details need to change at the last minute.

The length of each session will also vary in some circumstances. For example, the weather can affect our session length and sometimes our client's level of fatigue, strength or endurance is a factor. Please be assured that the lead therapist will work in conjunction with the Head Coach, and if a session needs to terminate early, the therapist will explain to the parent/caregiver the reasons for this.

