

TR is a treatment strategy used to improve the balance, coordination, focus, independence, confidence, motor and social skills of children and adults with a wide range of physical or mental conditions.

### **How does Therapeutic Riding work?**

- The horse is used in a variety of gaits. The horse is chosen to meet the student's needs to achieve a specific riding and/or social goal.
- The therapist functions only as a consultant to the therapeutic riding instructor. As a consultant the therapist suggests compensations, adaptive equipment, or positioning in order to assist the student in achieving a riding skill or goal.
- The Therapeutic Riding Instructor establishes the riding skills and goals to be achieved. They document the student's progress.
- Therapeutic Riding lessons utilize various equipment including; saddles, bridles, surcingles, and reins to provide stability to the student and to enhance their ability to control the horse in order to achieve specific riding skills and goals.

### **What are the positive effects of Therapeutic Riding?**

- The effects of the horse's movement improves children's posture, core strength, and sensory integration.
- TR improves skill areas related to fine and gross motor skills.
- TR builds self-confidence and fosters independence in everyday tasks.

### **Is Therapeutic Riding right for your child?**

TR is intended for children with mild to moderate physical and mental conditions. Because of the functions performed in the class, students should be able to ride the horse fairly independently, though they will have assistance from leaders and sidewalkers. Some of the medical conditions and impairments that can experience significant improvement through HPOT include:



Attention Span and Disruptions  
Improves brain function related to arousal and attentional skills  
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