



## Hippotherapy vs. Adaptive Riding: Which Program Is Right for Me?

	Hippotherapy (HPOT)	Adaptive Riding & Horsemanship
<b>What is it?</b>	<p>Equine movement is used as a medical-based treatment tool to meet functional goals.</p> <p>Incorporated into physical therapy, occupational therapy, or speech and language pathology treatment sessions.</p> <p>Not a horseback riding lesson.</p>	<p>Recreational and educational opportunity to learn to ride or handle a horse.</p> <p>Taught in a modified setting with differentiated instruction and adaptive equipment.</p> <p>Can target specific disciplines (i.e., Versatility, Dressage, Western).</p>
<b>What does it do?</b>	<p>Engages sensory, neuromotor, and cognitive systems to promote functional outcomes.</p> <p>An excellent, clinically based tool used to increase strength, endurance, motor planning, balance, coordination, respiratory control, sensory integration, and attentional skills.</p>	<p>Targets physical and social/ emotional objectives.</p> <p>Fosters independence, confidence, and self-regulation.</p>
<b>Who runs the session?</b>	<p>Licensed physical therapy, occupational therapy, or speech and language pathology professionals.</p> <p>Trained volunteers assist as equine leaders and sidewalkers.</p>	<p>Licensed horseback riding instructors.</p> <p>Trained volunteers assist as equine leaders and sidewalkers only when necessary.</p>
<b>What is involved?</b>	<p>1:1 hands-on assistance by a therapist to help clients meet goals.</p> <p>Equine movement as a therapy treatment tool, along with unmounted activities, is typically performed in a barn setting.</p> <p>Initial evaluation provides recommendations for therapy services.</p> <p>Ongoing re-assessment completed with formal re-evaluation completed at least bi-annually.</p>	<p>Hands-on or more distant instruction from the center of the arena.</p> <p>Unmounted and mounted work with horses is included in each lesson.</p> <p>The first lesson focuses on groundwork and communication with the instructor and the horse.</p> <p>Objectives are established and reviewed each term.</p>