

Who can use Horse Riding Therapy?

Horse riding therapy is suitable for children with a variety of special needs such as:

- Cerebral Palsy
- Visually Impaired
- Head Injuries
- Behavioural Difficulties
- Spina Bifida
- Muscular Dystrophy
- Dyspraxia
- Learning Difficulties
- Cystic Fibrosis

Where are we?

Children's Centre
Neath Port Talbot Hospital
Baglan Way
Port Talbot
Tel: 01639 862713
9:00 am – 5:00 pm (Monday – Friday)

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A guide to Horse Riding Therapy



Information for Parents/Guardian

What is Therapeutic Horse Riding?

A trained therapist constructs a suitable horse-riding programme to meet the specific needs of the child.

Horse riding creates an environment that suggests 'play' rather than 'work' – so children are far more motivated and compliant with treatment.

Horse riding therapy has many benefits for the child with special needs, as listed below:

Physical gains:

- Strengthen weak muscle groups.
- Lowers the tone of muscle groups with high tone (muscles working too hard).
- Re-educate abnormal movement patterns to assist in the development of normal movement.
- Horse riding strengthens central muscle group encouraging good posture.
- Mobilises the pelvis mimicking the basic pattern required for a normal walking pattern.
- Develops and challenges sitting balance.
- Develops control of movement and co-ordination.
- Improves circulation.
- Improves exercise tolerance and general fitness.
- Demands of the activity encourage weight loss.

- Improves motor-planning and overall functional skills.

Educational gains:

- Improves the ability to follow instructions, 'take turns' and socialise with other children.
- Encourages participation in activity and exercise.
- Enhances communication skills.
- Improves listening conversational skills with other children and adults.
- Improves confidence and self-esteem.

