



Hippotherapy

What is Hippotherapy?

Hippo therapy is a unique form of rehabilitation utilising the movement of the horse to develop balance, strength and functional performance.

Suitable conditions include but are not limited to:

- Acquired and Traumatic brain injury
- Neuromuscular disorders
- Developmental delay
- Down and other syndromes
- Autism spectrum



Benefits

- + Development of functional balance strategies and postural stability
- + Improved core strength
- + Improved symmetry and alignment
- + Improved timing and coordination of motor strategies
- + Improved sensory motor integration
- + Increased body awareness
- + Increased attention and ability to focus
- + Therapy is provided in a non-clinical, sensory rich environment with the additional emotional benefits of animal interaction and motivation

The Hippotherapy Team

- The program is run by a qualified physiotherapist with additional training in the principles and application of hippotherapy.
- A trained horse handler and trained side walkers
- A horse selected specifically for its quality of movement and calm disposition

Studies have shown that the 3 dimensional movement of the horse produces pelvic movement and muscular responses in the rider closely resembling that of walking.

The rhythmical repetitive movements have been shown to improve co-contraction, joint stability and weight shift as well as postural and equilibrium responses.

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