



Hippotherapy at Horse and Buddy

provided by Holly Confroy, OTR/L & Anna Sullivan, MOTR/L
Location: 4728 Old US 1 Highway New Hill, N.C. 27562

What is Hippotherapy?

Hippotherapy is a treatment that uses the multidimensional movement of the horse. It is from the Greek word, "hippos", which means horse. Specially trained physical, occupational, and speech therapists use this medical treatment for children who have movement dysfunction. Historically, the therapeutic benefits of the horse were recognized as early as 460 BC. The use of the horse as therapy evolved throughout Europe, the United States and Canada. Hippotherapy uses activities on the horse that are meaningful to the child. Treatment takes place in a controlled environment where graded sensory input can elicit appropriate adaptive responses from the child. Specific riding skills are not taught (as in therapeutic riding), but rather a foundation is established to improve neurological function and sensory processing. This foundation can then be generalized to a wide range of daily activities.



Why the Horse?

The horse's walk provides sensory input through movement which is variable, rhythmic and repetitive. The resultant movement responses in the client are similar to human movement patterns of the pelvis while walking. The variability of the horse's gait enables the therapist to grade the degree of sensory input to the client, then use this movement in combination with other clinical treatments to achieve desired results. Clients respond enthusiastically to this enjoyable learning experience in a natural setting.

**Morning and afternoon and late afternoon times are available!
Sessions are 30-45 minutes long.**

Clients need to be age 2 or older. Children with a diagnosis of Down Syndrome need to be at least 3 years of age and have an x-ray prior to starting hippotherapy or therapeutic riding.

For more information

Contact Anna directly:
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Contact Holly directly:
holly@horseandbuddy.org

or call Pediatric Therapy Associates at:
919-781-4434

What benefits can be seen?

Clients who may benefit from hippotherapy have a variety of diagnoses: Examples include Sensory Processing Disorder, Autism Spectrum, Dyspraxia, Lack of Coordination, Cerebral Palsy, Genetic Syndromes, Traumatic Brain Injury, Muscular Weakness, Stroke, Spina Bifida, Brachial Plexus Injuries (Erb-Duchenne, Klumpke), Developmental Delay, Social Skill Weakness, Hypotonia and Hypertonia.

