

Equine Assisted Services: Therapeutic Riding

As the horse's movement closely resembles the normal gait of a human, the physical benefits of therapeutic riding are derived from the transfer of movement from horse to rider. These benefits are significant, some of which can include increased core strength, fine and gross motor skills, increased range of motion, improved posture, balance, and coordination, bilateral integration, improved proprioception, flexibility, and overall mobility. Our participants with decreased ambulation can experience the freedom of movement, often for the first time. Riding is a sport, and all our riders are athletes!

For our participants with cognitive challenges the benefits are equally significant, including sensory integration, improved spatial awareness, safety awareness, body awareness, social skills, motor planning, impulse control, self-regulation, communication, processing, sequencing, and increased focus. Strengthening these skills can transfer to greater success in the home, school, and work environment.

The social-emotional benefits are equally important, and can include increased confidence, decreased anxiety, socialization, emotional regulation, coping skills, empathy, self-esteem, connection, patience, self-advocacy, pride, empowerment, independence, and a sense of accomplishment. These social-emotional benefits can facilitate the ability to develop and maintain friendships, increase self-worth, and foster feelings of well-being and belonging.

The above-listed benefits offer transferrable life skills which can have a positive impact on activities of daily living. Experiential learning is a key factor in the value of our programs. We tailor challenges to meet the unique needs and goals of each participant, ensuring their success while fostering growth and learning throughout the program.

Our professional, PATH-certified instructor teams, dedicated volunteers and staff provide a safe, supportive environment to our participants and their families. Our holistic approach creates opportunities for growth physically, cognitively, and social-emotionally (mind, body, spirit).

