



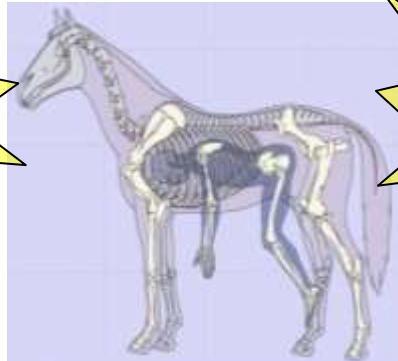
# Hippotherapy

(hippo – “horse”, therapy – “treatment”)



Visual – Sight  
Auditory – Hearing  
Gustatory – Taste  
Tactile – Touch  
Olfactory – Smell  
Vestibular – Balance  
Proprioceptive – Awareness of the position of one's body/body parts

We have 7 senses, not just 5



We have very similar structure



Horses help Warriors build trust

Sensory – Offering a sensory rich environment. Sensory stimulation has been shown to aid in the therapy process. The more senses the better!

Physical – Facilitates natural and functional movement. Strengthens muscle groups. Improves range of motion, balance and coordination.

Psychological – Gain leadership and collaboration skills (roles). Builds trust and confidence.



Horses mirror human emotions



Cognition can often be improved

Social/Emotional – Engage with horses and people. Learn to better recognize and modify feelings (emotional regulation).

Cognitive (Mental Processing) – Facilitates motor planning (praxis). Improves timing and sequencing of self and horse. Builds problem-solving skills.

All sessions are lead by licensed therapy practitioners (Occupational, Physical, Speech) and PATH certified personnel.

The goals revolve around treatment vs. leisure / recreation.

Hippotherapy sessions are one-on-one and tailored to the individual receiving treatment.

Hippotherapy vs. Therapeutic Riding