

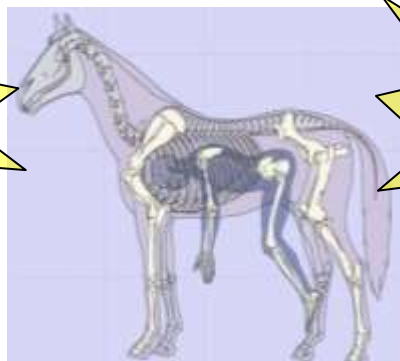


# Equine Therapeutic Riding



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.