



Offering Physical and Cognitive Benefits....

Horseback riding is an intrinsically beneficial activity. The three dimensional swinging motion of a horse's gait is a living therapy tool, moving the rider up and down, forward and backward, and side-to-side helping to wake up, challenge, and stimulate muscle and brain activity.

The physical benefits of horseback riding include:

- ❖ Improved posture and balance
- ❖ Greater muscle tone and strength
- ❖ Increased range of motion
- ❖ Better hand-eye coordination
- ❖ Improved joint mobility

The cognitive benefits include helping riders advance in:

- ❖ Learned skills
- ❖ Tactile awareness, stimulating all five senses
- ❖ Improved directional application
- ❖ Greater task sequencing skills

Fostering Emotional and Social Growth....

Horseback riding does more than stimulate the senses and develop the body. The natural therapeutic experience and sense of achievement fostered by equestrian activities contributes to the emotional and social growth of the rider.

While improving and positively promoting posture, balance, coordination, strength and flexibility, it also helps with self-awareness, confidence, concentration and independence.

Therapeutic horseback riding activities do stimulate muscle, brain and social activity in people who are challenged with physical, cognitive and emotional disabilities.