



Adam

Adam visited Chakota almost 8 years ago. His family was looking for some type of therapy that would accommodate his low endurance and lack of energy. Adam was diagnosed with Mitochondrial Disease at age 3. It is a disorder that robs the body of the energy that is needed to allow him to be able to do the same types of activities as his peers. The first visit out to Chakota, Adam got to sit on, and take a short ride on, Cowboy. He really seemed to enjoy it. His parents requested that he be put on the

waiting list to become a Rider, and in 2013, Adam became a full-time rider!

They started working on his core strength and endurance. He was able to do things that other kids could do and it didn't take all of his energy to do it. He slowly gained endurance and was able to ride longer with each lesson. In 2014, Adam has noticeably gained independence, endurance, and strength. His horse has allowed him to get the same movement as if he was walking on his own, without using the energy he would be using by just taking a walk. This provides him with more endurance. He now can "cowboy up" from the steps instead of the ramp, and is now riding a full 45 minutes! This is a huge progress for him and it makes him feel like he can do anything! His confidence is soaring! He has overcome his fear of heights thanks to Cherokee, our tallest 4-legged therapist! He now only needs a Spotter when he rides instead of two Side-walkers.

He has progressed very nicely and continues to grow and works towards becoming a very independent Rider! Even on days when he has low energy, he can still ride, and that allows the horse's movement to keep him moving and strengthening his core. Cherokee even helps keep his sensory system in line with his quick movements and helps him to focus and feel balanced. Adam loves his horse!!!