



Therapeutic Riding and Driving

<http://www.pathintl.org/>

Professional Association of Therapeutic Horsemanship International (PATH)

(formerly North American Riding for the Handicapped Association (NARHA))

P.O. Box 33150

Denver, CO 80233

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Phone: 303-452-1212, 800-369-7433 (Toll-free)

PATH members, instructors and centers serve participants of all ages and with a range of physical, emotional, behavioral and cognitive challenges. The organization and its members have developed a variety of different equine-related activities for therapeutic purposes, collectively known as equine-assisted activities and therapies (or EAAT). Besides horseback riding, EAAT also includes therapeutic carriage driving; interactive vaulting, which is similar to gymnastics on horseback; equine-facilitated learning and mental health, which use the horse as a partner in cognitive and behavioral therapy, usually with the participation of a licensed therapist; ground work and stable management; and NARHA Horses for Heroes, a new program that uses a variety of EAAT disciplines specifically to help war veterans and military personnel. PATH certifies instructors and riding centers in therapeutic riding, driving and vaulting in the United States.

<http://www.americanhippotherapyassociation.org/>

American Hippotherapy Association (AHA)

P.O. Box 2014

Fort Collins, CO 80522-2014

Phone: 877-851-4592 (Toll-free)

E-mail: info@americanhippotherapyassociation.org

AHA promotes the use of the movement of the horse as a treatment strategy in physical, occupational and speech therapy sessions for people living with disabilities. The site has information on hippotherapy and lists member therapists and facilities.

<http://www.usdfd.org/>

United States Driving for the Disabled (USDFD)

3329 Cynthiana Road

Georgetown, KY 40324

Phone: 502-863-5113

Email: usdfd@usdfd.org

USDFD exists to help drivers, instructors, and centers involved in disabled driving. The organization provides training for drivers and instructors at its national headquarters.

<http://www.cantra.ca/>

Canadian Therapeutic Riding Association (CanTRA)

5420 Hwy. 6 North

Suite 11, R.R. #5

Guelph, ON N1H 6J2

Phone: 519-767-0700

E-mail: ctra@golden.net

CanTRA promotes therapeutic riding for children and adults with disabilities throughout Canada. The organization acts as a resource for its members through certification, education and insurance. Local member centers offer programs such as hippotherapy, equine facilitated mental health, and therapeutic riding to provide socialization, recreation, interaction of clients and horses, and the care and training of the horse. Many also provide life skills training, rehabilitation and employment opportunities for individuals with disabilities.

<http://www.riding-for-disabled.org.uk/>

Riding for the Disabled Association Incorporating Carriage Driving (RDA)

Norfolk House

1a Tournament Court

Edgehill Drive

Warwick, UK

CV34 6LG

Phone 0845 658 1083

RDA represents and provides support to over 500 member groups which help people take part in riding, carriage driving and vaulting activities. RDA groups work across the spectrum of disabilities, age range, social status and urban and rural environments to ensure that each individual has the chance to derive a direct therapeutic benefit and the opportunity to achieve personal goals. The site lists contact information for member groups and has information on the disciplines of riding, carriage driving, vaulting, dressage, polo and show jumping.

<http://www.frdi.net/>

Federation of Riding for the Disabled International (FDRI)

FDRI facilitates worldwide collaboration between organizations and individuals offering equine assisted activities. The site lists contact information for members in 46 countries.

<http://freedomrider.com/>

Freedom Rider Tack Shop

PO Box 4187

Manchester, NH 03108-4187

Phone: 603-540-0933, 888-253-8811 (Toll-free)

Freedom Rider offers a catalog of products for therapeutic riding.

<http://www.courbette.com/catalog/accessories/therapeuticequipment.html>

Courbette Saddlery Co.: Therapeutic Equipment

E-mail: courbette@alink.com

This page has information on Courbette's products which were developed for therapeutic riding programs for disabled equestrians.

<http://www.ipec-athletes.de/>

Para-Equestrian

Para-Equestrian, a part of Fédération Equestre Internationale, supports international equestrian sport for elite athletes with disabilities.

http://www.ipec-athletes.de/index.php?option=com_imagelinks&catid=44&Itemid=29

Para-Equestrian: Important International Sites

This page lists links to international organizations involved in equestrian sports for people with disabilities.

http://www.ipec-athletes.de/index.php?option=com_imagelinks&catid=57&Itemid=29

Para-Equestrian: Important National Sites

This page lists links to national organizations in several countries that are involved in equestrian sports for people with disabilities.

<http://www.horsesport.org/>

Fédération Equestre Internationale (FEI)

HM King Hussein I Building

Chemin des Délices 9

1006 Lausanne

Switzerland

Phone: +41 21 310 47 47

FEI's primary mission is to advance the orderly growth of equestrian sport worldwide by promoting, regulating and administering humane and sportsmanlike international competition in the traditional equestrian disciplines. Its site lists information on 7 disciplines: jumping, dressage and para-equestrian dressage, eventing, driving and para-equestrian driving, endurance, vaulting, and reining

<http://www.horsesport.org/disciplines/dressage/about-para-equestrian/about-para-equestrian-dressage>

Fédération Equestre Internationale: Para-Equestrian Dressage

<http://www.horsesport.org/disciplines/driving/about-para-equestrian/para-driving>

Fédération Equestre Internationale: Para-Equestrian Driving

<http://www.usef.org>

U.S. Equestrian Federation (USEF)

4047 Iron Works Parkway

Lexington, KY 40511

Phone: 859-258-2472

1040 Pottersville Road

Gladstone, NJ 07934-2053

Phone: 908-234-0848

The USEF is the national governing board of equestrian sports in the U.S. It sets rules for para-equestrian events in the U.S. and chooses the Paralympic team.

<http://uspea.org/>

U.S. Para-Equestrian Federation

The USPEA, an affiliate of the United States Equestrian Federation, provides programs, clinics, and competition opportunities for athletes with physical disabilities.

http://www.ncpad.org/videos/fact_sheet.php?sheet=297

National Center on Physical Activity and Disability: Therapeutic Riding for Children with Disabilities

This fact sheet has information on therapeutic riding and hippotherapy and includes videos of a girl with a congenital arm disability.

Internet Discussion Forums

<http://groups.yahoo.com/group/therapeuticriding/>

Yahoo! Groups: Therapeutic Riding Exchange

This group provides an opportunity to exchange ideas, ask questions, and learn more about therapeutic riding for the disabled.

The following books and videos are available for free loan from the PRC library. For more information, please see www.paralysis.org and click *Borrow from Our Lending Library* under PRC Quick Links.

Books

- Britton, Vanessa. **Riding for the Disabled**. London: B.T. Batsford, Ltd., 1991.
- Caulkett, Lynne M. **Big Smiles, Small Miracles**. Montgomery, AL: E-BookTime, 2006.
- Engel, Barbara Teichmann, et al. **The Horse, the Handicapped, and the Riding Team in a Therapeutic Riding Program: A Training Manual for Volunteers**. Durango, CO: Barbara Engel Therapy Services, 1989.
- Engel, Barbara Teichmann. **Rehabilitation with the Aid of a Horse: A Collection of Studies**. Durango, CO: Barbara Engel Therapy Services, 1997.
- Engel, Barbara Teichmann. **Therapeutic Riding I: Strategies for Instruction Book 1 and 2**. Durango, CO: Barbara Engel Therapy Services, 1998. (2 volumes)
- Engel, Barbara Teichmann. **Therapeutic Riding II: Strategies for Rehabilitation**. Durango, CO: Barbara Engel Therapy Services, 2000.

- **Home Study Guide for Therapeutic Riding Instructors, Books 1 and 2.** Lulu.com, 2008.
Strides Therapeutic Riding Centers, Inc. in Tarzana, California, receives the proceeds from the sale of this book.
- Kidd, Pennie. **Cobbes Meadow: A Story of Riding With the Disabled.** London: Buckland Publications, 1995.
Kidd recounts her riding with multiple sclerosis and competing in disabled riding.
- Lincoln, Jerri. **Exercises for Therapeutic Riding.** Durango, CO: Ralston Store Publishing, 2010.
Exercises for the person with disabilities to do while mounted.
- Scott, Naomi. **Special Needs, Special Horses: A Guide to the Benefits Of Therapeutic Riding.** Denton, TX: University of North Texas Press, 2005.
- Weber, Peggy C. **The Effect of Therapeutic Horseback Riding on Self-Esteem of Children with Disabilities.** Ann Arbor, MI: UMI, 2005.
Dissertation - University of Utah.

Children's Books

- Anderson, Peggy Perry. **We Go in a Circle.** Boston: Houghton Mifflin Co. 2004.
An injured race horse is rehabilitated to carry riders in hippotherapy (horseback riding used as physical therapy).
- Betancourt, Jeanne. **He's My Pony!** (Pony Pals series). New York: Scholastic, Inc., 2001.
Anna lends her pony Acorn to a riding program for the disabled. Christine has cerebral palsy.
- Bryant, Bonnie. **Riding Class.** (The Saddle Club series #52). New York: Skylark Book, 1996.
Emily has cerebral palsy and the Saddle Club girls help her learn how to ride.
- Duskotz-Carlson, Elizabeth. **I Am Sam: A Therapeutic Riding Horse.** www.freedomhorsefarmllc.com 2011.
Sam is a former race horse who becomes a therapeutic riding horse.
- Dukehart, Sybil K. **Happy Birthday!** Georgetown, KY: United States Driving for the Disabled.
Rosalie is a wheelchair user who gets a pony for her birthday.
- Dukehart, Sybil K. **Pony Tails.** Georgetown, KY: United States Driving for the Disabled, 1998.

Pony Tails has 3 different stories about Rosalie who is paralyzed in a car accident and learns to drive a horse carriage.

- Nichols, Catherine. **Therapy Horses**. New York: Bearport Publishing, 2007.
- Presnall, Judith Janda. **Horse Therapists**. (Animals with Jobs series). San Diego, CA: KidHaven Press, 2002.
Describes the various aspects of therapeutic riding and hippotherapy.
- Springer, Nancy. **Colt**. New York: Puffin Books, 1991.
Colt is a young boy who has always been in a wheelchair due to spina bifida. His mom signs him up for a riding program which changes his thinking.
- Tayler, Deborah A. **Hippotherapy: A Trudie Small Book Series on Children's Health Matters**. Kansas City, MO: Deborah A. Tayler, 2004.
- Tuorto, Diana. **Janie's New Legs**. Diana Tuorto, 2008.
Covers ten years in the relationship of Janie, a young, paralyzed girl and her therapy horse Silver.
- Yeatman, Linda. **Pickles**. Hauppauge, NY: Barron's Educational Series, 1988.
Sarah owns Pickles and then becomes disabled in an accident. She starts driving Pickles in competition after that.

Videos

- **Ability, Not Disability**. Alameda, CA: Latham Foundation for the Promotion of Humane Education. Distributed by Freedom Rider www.freedomrider.com
Documentary visits the Cheff Center for the Handicapped near Battle Creek, Michigan.
- **Alternatives to Backriding**. Woodside, CA: National Center for Equine Facilitated Therapy. (15 minutes, 42 seconds)
- **Equine Assisted Therapy: Helping Build Self-Esteem and Confidence**. Sherborn, MA: Aquarius Health Care Videos, 2004. (30 minutes)
- **Equine Facilitated Therapy**. Woodside, CA: National Center for Equine Facilitated Therapy. (11 minutes. 14 seconds)
- **Every Time...Every Ride**. Puyallup, WA: Washington State 4-H Foundation. Distributed by Freedom Rider www.freedomrider.com
Head injury prevention through helmet use.

- **The Hippotherapy Horse.** Woodside, CA: National Center for Equine Facilitated Therapy. (18 minutes, 31 seconds)
- **More Than Horseplay.** Boston: Fanlight Productions, 2008. DVD. (27 minutes)
Three children with cerebral palsy participate in hippotherapy.
- **Program Safety & Emergency Procedures.** Woodside, CA: National Center for Equine Facilitated Therapy.
- **The Therapy Horse: Moods, Behaviors, & Instinctive Responses.** Woodside, CA: National Center for Equine Facilitated Therapy. (8 minutes, 48 seconds)
- **Volunteering at a Therapeutic Riding Center.** Allentown, NJ: Horseback Riding for the Handicapped of NJ, 2002. DVD. (24 minutes) www.hrhofnj.org

The following streaming video from the Christopher & Dana Reeve Foundation can be viewed for free at www.paralysis.org. To view, click *See All Videos* on the top, then click the *Paralysis Resource Center* tab and scroll through the videos listed on the right.

- **Therapeutic Horseback Riding**

The information contained in this message is presented for the purpose of educating and informing you about paralysis and its effects. Nothing contained in this message should be construed nor is intended to be used for medical diagnosis or treatment. It should not be used in place of the advice of your physician or other qualified health care provider. Should you have any health care related questions, please call or see your physician or other qualified health care provider promptly. Always consult with your physician or other qualified health care provider before embarking on a new treatment, diet or fitness program. You should never disregard medical advice or delay in seeking it because of something you have read in this message.