



EXPLANATION OF SERVICES

Therapeutic Riding:

Therapeutic Riding lessons are equestrian skill based lessons for people with disabilities. The focus of the lessons is skill development and progression while improving the rider's physical, cognitive, emotional and/or social skills. Taught by a North American Riding for the Handicapped Association (NARHA) Certified Therapeutic Riding Instructor, and assisted by volunteer aids, helping the rider reach their full potential is of paramount importance. Often times the riders participate in pre-mounted and post-mounted horse care. Riders that have physical, intellectual, cognitive, developmental, and/or learning differences can benefit from Therapeutic Riding.

Group Classes:

Group classes are 1 hour long and have a maximum of 4 riders per class. Group classes are beneficial due to the opportunity to interact with other riders and families. The riders can also learn from the other students in the class and enjoy group activities. All riders new to ManeGait and therapeutic riding are strongly encouraged to register for group lessons. Riders are scheduled by age, skill level and availability. Financial Assistance is available and based on the family's financial need.

Private Classes:

Private classes are 45 minutes long and recommended for riders who desire the one on one attention to improve their skills. Private lessons are especially beneficial for students who are honing their skills for competition. Financial Assistance is NOT available for private lessons. In the event that a student signs up for a group lesson and due to enrollment is the only person in a time slot, they will pay the group rate with the understanding that available spots will be subject to filling.

Hippotherapy*: (not available at this time)

Hippotherapy is a form of therapy that uses the movement of the horse as a means to achieve therapy goals. The horse's movement promotes active responses in the client and facilitates activation of postural control, balance, motor and sensory systems. The sessions are conducted by licensed Physical, Occupational or Speech therapists and assisted by a certified riding instructor and volunteer aids. Although the focus is not on skill development, the client develops balance and feel of the horse and often times will participate in therapeutic riding as well. Clients who have movement, speech and/or motor deficits can benefit from hippotherapy. Some of the issues that may be addressed in a session are:

- ♦ Abnormal Muscle tone
- ♦ Impaired Balance
- ♦ Abnormal Reflexes
- ♦ Decreased Coordination
- ♦ Impaired Sensorimotor function
- ♦ Postural Asymmetry
- ♦ Decreased trunk mobility
- ♦ Abnormal limb function

****A physician's prescription for physical therapy and/or occupational therapy with hippotherapy is required.***