

# Movement of the Horse and How it Affects the Rider

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Objective: to discuss terminology and movement concepts of the horse and client to improve communication and teamwork between therapeutic riding instructors and therapists using Hippotherapy.

Goal 1: discuss terminology and movement concepts as they apply to our clients

Goal 2: discuss how these terminology and concepts apply to the horses

Goal 3: putting it together – how the horse impacts the rider

Goal 4: discuss unique situations – question/answer and sharing

Goal 5: getting the movement – the importance of your leader

## HUMAN MOVEMENT

Cardinal planes of movement

Sagittal – anterior/posterior movement, flexion/extension

Frontal – abduction/adduction, lateral side bending/pelvic tilt

Transverse – rotation

Movement of Center of Gravity

Lateral displacement

Vertical displacement

Let's talk about human gait....

HORSE MOVEMENT.....

## HOW THE HORSES MOVEMENT AFFECTS THE CLIENT

Horse/Human Interaction:

How positions affect a client:

How movement affects the client:

How do you GET this movement:

## OTHER CONSIDERATIONS IN SELECTING A HORSE:

Range of Motion

Balance

Hypertonia/Hypotonia

Sensory Disorganization

## AN ASIDE FROM A DYNAMIC SYSTEMS THEORY GEEK:

What is dynamic systems theory and why does it matter?

Spectrum of knowledge – where do you fit?

Horse professional

Client experience (PT)

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Minimal client experience

No horse

