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Glossary of Terms

Activity Site – location at which center activities are being provided

ADA – Americans with Disabilities Act, signed into law in 1990, which provided the world’s first comprehensive civil rights law for people with disabilities

Area – any working space with designated boundaries

Arena – a working space defined by structural barriers used for program activities

ASTM – American Society for Testing and Materials, an organization that helps establish standards for various items, including components of helmets (see SEI)

Assist – to support in an official capacity. An example is that a Professional Association of Therapeutic Horsemanship International Certified Instructor/Equine Specialist in Mental Health and Learning (ESMHL) assists the therapist/mental health professional during the treatment session (if the therapist is not a PATH Intl. Certified Instructor/ESMHL). The PATH Intl. Certified Instructor/ESMHL should be directly involved in the treatment session to assure safety regarding the equine, tack and equine environment. This includes helping with the preparation of the equine/equipment, direct involvement in the session or visual observation of the session.

Center – a structured organization that provides equine-assisted activities and therapies to persons with disabilities and persons without disabilities

Center Activities – all events, instructional lessons, therapy sessions or other functions involving participants occurring under the leadership or supervision of center personnel

Center Administrator – the person(s) responsible for developing and implementing the policies and procedures used in managing the work of the organization

Center Representative – the individual determined by the center to be responsible for the accreditation process and on-site visit

Competition – individual or team sports at the local, regional, national or international level; integrated or specialized competition that can be breed or activity based

Consulting – providing assistance by providing professional expertise. This may include answering questions related to general health issues, health questions related to specific participants, doing evaluations with recommendations regarding handling or activities, recommendations for health and safety of the staff/volunteers, etc.

Contain – to include or enclose; hold

Contract – a legally enforceable agreement between two or more parties

Designate – to indicate and set apart for a specific purpose; to point out

Direct Service Health Professional – see Licensed/Credentialed Health Professional

Directly Supervising – the person who is on site and responsible for all program activity on the center premises; this is usually a Professional Association of Therapeutic Horsemanship International Certified Instructor or PATH Intl. Certified Equine Specialist in Mental Health and Learning.

Discharge – to release or dismiss

Driving – activities related to carriage driving. Following PATH Intl. Standards for Driving conducted by a PATH Intl. Certified Instructor. May be considered equine-assisted therapy if driving activities are incorporated by a therapist into a treatment plan. May also be done in competition.

Educator – an educator/teacher licensed or sanctioned by the state, school district, department of education or equivalent designation

Equine – a general description inclusive of horses, ponies, mules, donkeys or miniatures

Equine Activity – any activity that involves an equine

Equine Activity Liability Act – general heading for, and frequent name of, a state statute governing liabilities for equine activities and, in many instances, mandating the usage of “warning” signs and requiring the use of special language in certain contracts used in equine activities

Equine-Assisted Activities (EAA) – any specific center activity, e.g., riding, mounted or ground activities, grooming and stable management, shows, parades, demonstrations, etc., in which the center’s clients, participants, volunteers, instructors and equines are involved

Equine-Assisted Therapy (EAT) – therapy or treatment that incorporates equine activities and/or the equine environment. Rehabilitative or habilitative goals are related to the patient’s needs and the medical professional’s standards of practice

Equine-Facilitated Learning (EFL) – an educational approach to equine-assisted activities. EFL content is developed and organized by credentialed practitioners with the primary intent to facilitate personal growth and development of life skills through equine interactions.

Equine-Facilitated Learning Credentialed Practitioner-Education – current teaching certificate or a Masters degree in human services or related field or post-graduate certificate in teaching, training and development (Human Resource Organization Development or teaching, adult education, management and staff development, outdoor experiential education, recreational therapist, faith-based education and expressive arts education, certificate from a nationally recognized coaching institute or Certified Equine Interactional Professional - Education [CEIP-ED]).

Equine-Facilitated Mental Health (EFMH) – an approach to improving a client’s mental health that involves the use of equines in interactive therapy and activities

Equine-Facilitated Psychotherapy (EFP) – interactive psychotherapy that includes activities involving equine(s). It may include, but is not limited to, a number of mutually respectful equine activities such as handling, grooming, lungeing/longeing, riding, driving and vaulting. (EFP is supervised and facilitated by a licensed/credentialed mental health professional working with an appropriately credentialed equine professional). Although EFP may encompass many different activities, the activities themselves are not the goal. Rather, these activities assist reaching the psychotherapy goals set by the mental health professional and the client.

Equine Specialist in Mental Health and Learning (ESMHL) – The Equine Specialist in Mental Health and Learning partners with mental health or education providers delivering services within the scope of their profession, incorporating equines in their practice. The ESMHL is the horse handler who ensures the safety and well-being of the Professional Association of Therapeutic Horsemanship International center equine and all participants in equine-facilitated mental health and education sessions. The ESMHL serves as the equine expert during equine/human interactions.

Facility – the premises on which the center conducts its activities and business including buildings and grounds

Header – the person who stands at the equine’s head during halts who is responsible for keeping the equine relaxed and still

Hippotherapy (HPOT) – is a physical, occupational or speech therapy treatment strategy that utilizes equine movement. This strategy is used as part of an integrated treatment program to achieve functional outcomes.

Hippotherapy Clinical Specialist (HPCS) – a licensed therapist (PT, OT, SLP) who has demonstrated an advanced level of knowledge in hippotherapy by successfully completing a national board-written examination

Hippotherapy Team Members – those involved in the provision of hippotherapy services. Prior to the hippotherapy session, the team will be the PATH Intl. Certified Instructor and the therapist (if the therapist is not a PATH Intl. Certified Instructor). During the hippotherapy session the hippotherapy team is most often the therapist, the equine handler, the sidewalkers—all those involved with providing services to the patient. In decision making the patient is often thought of as a part of the hippotherapy team.

Horse Handler, Horse Expert, Horse Leader, Equine Handler, Equine Expert, Equine Leader, Equine Professional – terms which may be used to indicate the person responsible for controlling the equine during a session and/or training and conditioning the equine for participation in equine-assisted activities. Usage may vary by discipline. The HPOT session where an equine is long lined might have an equine handler; whereas, the person leading the equine in a therapeutic riding lesson may be the equine leader.

Instructor In-Training (IT) – a candidate who has successfully completed phase one of the Registered Instructor Certification process

Interactive Vaulting – an equine-assisted activity that engages participants in horsemanship activities, movements around, on and off the equine or barrel and gymnastics positions and movements on the back of the equine. The specially trained equine works in a circle on a lunge/longe line at the walk, trot or canter. This dynamic environment offers educational, social, creative and movement opportunities. The use of interactive vaulting for individuals with disabilities varies depending on the population served and the goals obtained.

Lead Visitor – PATH Intl. site visitor who is assigned to the administrative responsibilities of the visit by the PATH Intl. office

Legally Authorized Individual – that person at a center empowered to sign contracts and legal documents for the organization

Licensed/Credentialed Health Professionals – refers to physical therapists, occupational therapists, speech-language pathologists, psychiatrists, psychologists, physicians, nurses and rehabilitation specialists. Health professionals providing direct service therapy through equine activities should have additional specialized training in the use of the equine as a component of treatment in their respective areas of expertise.

Lift - A mechanical lift is a stationary or mobile device that facilitates the transfer of a participant from one place to another

Mental Health Professional – a licensed and/or credentialed medical professional who specializes in the treatment of individuals with psychiatric, psychological, emotional or behavioral diagnoses including psychiatrists, psychotherapists, mental health counselors and others who have met the criteria to legally and independently provide psychotherapy and/or mental health counseling, and mental health treatment, in the state in which the services are being delivered.

Professional Association of Therapeutic Horsemanship International Member Center – a center that has established membership with PATH Intl. and agrees to comply with the PATH Intl. standards

PATH Intl. Certified Instructor – an instructor of therapeutic horsemanship who is certified by PATH Intl. at the registered, advanced or master level or who holds an approved adjunct certification

PATH Intl. Member – an individual who fulfills the membership requirements associated with PATH Intl.

PATH Intl. Registered Therapist – a licensed/credentialed therapist/health professional (PT, OT, SLP) or certified therapist assistant (COTA, PTA) who has registered with PATH Intl. upon completion of the AHA, Inc., approved hippotherapy coursework and the requisite number of hours of practice in hippotherapy

Occurrence – an event that disrupts normal procedure or causes a crisis; the circumstances surrounding an occurrence must be documented

On-Site – location where administrative or other functions of a center occur

Participant – a general description of the persons who take part in equine-assisted activities at a PATH Intl. center for their benefit. Also called riders, vaulters, clients or patients. There will be varied usage depending on the discipline. For instance, in a therapy setting, it is appropriate to use patient or client; in a school setting, one may use the term student.

Personnel – a person, paid or unpaid, who has any responsibility related to the day-to-day activities of the center

Post - to place notice of in public view

Random Selection – method by which a cross section of center documents are chosen for review during an official site visit

Rehearsal – a practice exercise

SEI – Safety Equipment Institute, an organization which tests and certifies safety and protective equipment, including equestrian protective headgear (see ASTM)

Securely Maintained – kept in an area that protects from unauthorized entry or loss

Site Visitor, Associate Visitor – PATH Intl. individual members who successfully complete a visitor training course and are approved by the PATH Intl. Accreditation Sub-Committee. These individuals volunteer to visit and score centers according to current PATH Intl. standards.

Tandem Hippotherapy (T-HPOT) – a treatment strategy in which the therapist/health professional sits on the equine behind the patient in order to provide specific therapeutic handling as part of an integrated treatment protocol.

If the therapist/health professional (PT, OT or SLP) is unable to be mounted, he/she will directly supervise the patient handling by another therapist/health professional, in compliance with their state practice act. Additional personnel required for T-HPOT include a Professional Association of Therapeutic Horsemanship International Certified Riding Instructor or equine expert who handles the equine, two sidewalkers (one of whom may be the therapist) to assist with safety, and a specifically trained, conditioned equine. For this definition, therapist/health professional or COTA/PTA refers to the person on the equine behind the patient.

The therapist/health professional determines if T-HPOT is indicated for the patient and consults with PATH Intl. recognized certified instructor or equine handler to establish if the facility has the resources to conduct a safe T-HPOT session and to choose the appropriate equine.

T-HPOT exposes the therapist/health professional or COTA/PTA and the patient to greater risk than other types of equine-assisted activities and therapies and should be undertaken only with the utmost caution and consideration for safety. Because two people are on the equine, it is more stressful on the equine than other activities and should be done only with equines adequately conformed, trained and conditioned for the task. Because of these stress and safety factors, T-HPOT should be chosen only after exhausting other options for treatment and should be self-limiting with the expectation that the patient will quickly progress from this intervention.

Therapist's Assistant (COTA or PTA) – the person who is a certified occupational therapist assistant (COTA) or a certified physical therapy assistant (PTA) and directly supervised by the therapist to perform specific patient handling skills in a situation where the therapist is unable to perform the task. An example may be that the assistant would handle the patient during a T-HPOT session when the therapist may not be tall enough to work with a patient safely on the equine.

Therapeutic Activity – an activity from which a participant derives benefit. An activity can be therapeutic without being considered a therapy or treatment. In general, equine-assisted activities may be described as therapeutic, but are not considered therapy without fulfilling specific requirements (see Therapy).

Therapeutic Horsemanship – equine activities organized and taught by instructors specifically trained to work with people with disabilities or diverse needs. The intent is for students to progress in equestrian skills while improving their cognitive, emotional, social and/or behavioral skills.

Therapeutic Riding (TR) – therapeutic horsemanship that involves mounted activities including traditional riding disciplines or adaptive riding activities conducted by a Professional Association of Therapeutic Horsemanship International Certified Instructor

Therapist – in the U.S. a licensed, credentialed physical therapist (PT), occupational therapist (OT), speech language pathologist (SLP). Outside of the U.S. those licensed/credentialed therapists and health professionals who have met the criteria to legally and independently provide comparable services within their state, province or county.

A therapist is one who specializes in the provision of a particular therapy, a person trained in the use of physical methods, such as exercises, etc., in treating and rehabilitating patients to overcome physical impairments.

Therapy – specific treatment that meets requirements for third party billing, or billing for services with a third party may be provided by a licensed/credentialed professional such as a PT, OT, SLP, psychologist, social worker, MD, among others. Licensing/credentialing laws differ by state.

Treatment – services in which therapy is provided; generally thought of in a medical model (see Therapy)

Treatment Plan/Plan of Care – an organized plan of care should be specific to the diagnosis, presenting symptoms and findings of a therapy evaluation. Health professionals involve the patient/client and appropriate others in the planning, implementation and assessment in the treatment plan. The treatment plan should include:

- Evaluation/assessment
- Functional limitations
- The specific treatment techniques and/or exercises to be used in treatment to reach goals/treatment strategies
- Outcomes/goals
- Duration/frequency
- Discharge criteria

Treatment Session – A documented block of time in which professional therapy services are provided. The treatment session will always involve the therapist/health professional/mental health professional and may involve others, depending on the nature of the treatment, needs of the therapist and the requirements of the state in which the treatment is provided.

Vocational Rehabilitation – equine-related activities that are oriented toward enabling a participant to re-enter the workforce and that may include work hardening, work re-entry or vocational exploration. Participants are young adults or adults. May be considered equine-assisted therapy if integrated by the therapist /health professional/mental health professional as part of a treatment plan.

Volunteer – unpaid individual who, under the direction of the center administration, assists with the on-going activities of the center

Working Area – the location where mounted lessons are held

Glossary of Driving Terms

ABW (Able-Bodied Whip) - a whip with the skills to drive a horse and vehicle unassisted. These skills include a minimum of 50 hours of driving experience in various terrain and conditions and complete knowledge of harness and vehicle terminology, competencies in managing emergencies. The ABW will hold a second set of reins while the driving student enters and exits the vehicle and assist with the second set of reins as needed during the driving lesson.

Advanced Independent Driver (AID) – a whip with the ability to safely drive a vehicle without an able bodied whip. The AID should demonstrate ability to direct the header, respond appropriately to the driving instructor and be independent in safely managing the equine and turnout using the whip and reins attached to the bit.

Bit - the part of the bridle that goes into the equine’s mouth, used to control the equine

Blinkers - a pair of leather or rubber eye cups attached to the driving bridle to limit rear vision and keep the equines vision focused forward.

Breastcollar - the part of the harness that fits around the chest of the equine, and against which the animal exerts pressure in pulling a load

Breeching - a harness strap that goes around the equine’s hindquarters to help hold back or stop the vehicle on a downgrade

Breeching Straps - straps that attach the breeching to the shafts of the driving vehicle

Bridle - a head harness for guiding an equine; it consists of a headstall, bit and reins

Cart - a two-wheeled driving vehicle

Carriage - a four-wheeled driving vehicle

Collar - pad going around the equine’s neck, accommodating the hames to which two traces are attached, an alternative to a breast collar

Crupper - a padded leather strap that goes around the base of an equine’s tail and is used to keep the harness in place on the equine’s back and keep it from sliding forward

Halter - a bitless headstall for tying or leading an animal

Hames - two arms that are joined so as to fit in the groove of the collar and to which the traces are attached

Harness - noun: the assemblage of leather or synthetic straps and metal pieces by which an equine is attached to a vehicle, plow or load; verb: to attach an equine with a harness to something such as a carriage

Header - a trained equine handler who stands at the head of the equine with an attached lead line whenever the equine is standing still. A header is required while the equine is being put to or taken from the vehicle, while participant is entering or exiting the vehicle and available whenever assistance with the equine is needed.

Impairment - any abnormality, partial or complete loss of, or loss of the function of a body part, organ or system

Instructional Driving - driving that involves the participant holding the reins and learning how to drive

Lead Rope - a rope with a snap on one end that is used to lead the equine

Participant - the driver with a disability; client driver

Personnel - trained volunteers and staff who assist in the driving program

Pleasure Driving - an ABW taking participants with disabilities for a drive without any effort by those participants to learn to drive

Putting To - the process of attaching the equine and driving vehicle to each other

Saddle - a padded part of a harness worn over an equine's back to hold the shafts

Spotter - a trained assistant on foot in the driving area who watches for a possible problem and is prepared to take immediate action

Terrets - the rings on a harness through which the reins pass

Traces - the two leather or synthetic straps that connect the harness to the vehicle

Tugs - part of the harness used in a single hitch through which the shafts pass

Turnout - a driving vehicle with its equine(s) and whip

Vehicle - any device that conveys people and objects over land. In driving, this may be a two-or four-wheeled vehicle or a sleigh with runners.

Whip - preferred term for the driver

Glossary of Medical Terms

The following terms may be found elsewhere in this manual, or they are terms that may be used in reference to participants at a Professional Association of Therapeutic Horsemanship International center (for example, on the medical history forms). This is a brief glossary. Additional information can be obtained in medical dictionaries, reference texts, on the internet or from professionals such as doctors, pharmacists, therapists or mental health professionals. Refer to the PATH Intl. sections for information/definitions specifically relating to specialty areas such as equine-facilitated mental health, hippotherapy, driving or vaulting. It is the PATH Intl. Certified Instructor's responsibility to understand the terms that relate to specific participants in their programs.

A helpful resource may also be: Current Diagnostic & Statistical Manual of Mental Disorders. This is a classification manual of mental disorders that includes descriptions of diagnostic categories. The *Diagnostic & Statistical Manual of Mental Disorders* is the most widely accepted system of classifying abnormal behaviors used in the United States today. It contains the Global Assessment of Functioning (GAF) scale and is a complete resource for information on mental health diagnosis of the body

Abduction – a movement away from the midline of the body

Abuse – bringing harm toward another. The abuse can be directed toward a child, adult, elderly individual or an animal. The perpetrator can be any age and usually is in a position of power (e.g., mother, father, supervisor) and/or care-giving (e.g., pet owner, home aide). Abuse can take many forms.

—*physical*: assaults such as hitting, kicking, biting, throwing and burning in which the other person/animal is harmed bodily

—*physical endangerment*: reckless behaviors toward another that could lead to serious physical injury, such as leaving an infant alone or placing a child in a hazardous environment

—*sexual*: non-consensual sexualized contact in which one person is dominated, manipulated or taken advantage of through sexual acts or suggestiveness

—*emotional*: harming another through use of non-physical means. It can include terrorizing, demeaning, consistently belittling, withholding warmth; often resulting in the feeling of powerlessness or decreased selfworth

Activities of Daily Living (ADL's) – the self-care, communication and mobility skills required for independence in everyday living. Examples include: grooming, bathing, dressing, using the telephone, preparing meals, cleaning house, taking medicines, doing laundry, handling finances, getting to the bus stop and shopping at the grocery

Adaptive Behavior – the behaviors a person develops in order to deal with the natural and social demands of his environment

Adduction – movement toward the midline of the body

Affect – an objective manifestation, such as a facial expression, of an experience or emotion. For example, a client may be said to have a flat affect, meaning that there is an absence or a near absence of facial expression when there is an experience or emotion that would indicate otherwise; (usually cause an emotional response)

Agnosia – loss of the ability to recognize familiar objects, sounds, shapes or smells by use of the senses. For example, a person may be unable to identify familiar sounds, such as the ringing of a doorbell (auditory agnosia), or familiar objects, such as a toothbrush or keys (visual agnosia).

Agraphia – loss of a previous ability to write, resulting from brain injury or brain disease

Akathisia – a movement disorder that involves motor restlessness, with an urge to move about constantly and an inability to sit still, or an inability to sit down because of intense anxiety at the thought of doing so; a common side effect of neuroleptic drugs

Akinesia – absence or diminution of voluntary motion; an example is the poverty of movement seen in people with Parkinson’s Disease

Anergia – lack of energy; passivity

Anhedonia – the inability to experience pleasure

Anterior – (Ventral) front of body

Aphasia – loss of language ability due to dysfunction in the brain; may consist of a loss of receptive ability (decreased ability to understand language); expressive ability (an inability to express one’s thoughts); or a combination

Apnea – an interruption of normal breathing that can be caused by neurologic immaturity, medications or by physical blockage of the airway

Apraxia – a neurological disorder caused by an inability to perform a skilled motor activity, not related to paralysis or lack of comprehension, but caused by a brain dysfunction in the cerebral hemispheres, especially in the parietal lobe. For example, a person may be unable to shave, to dress, or to do other previously learned and purposeful tasks.

Asymmetrical – difference between sides that would typically be similar, i.e. a difference found between the left and right sides of the body

Ataxia – muscular incoordination manifested especially when voluntary muscular movements are attempted due to the brain’s inability to regulate posture and the strength and direction of limb movements. Ataxia is usually due to disease of the cerebellum.

Athetosis – a neurological condition characterized by slow irregular twisting, snake-like muscular movements seen mostly in the upper extremities, especially in the hands and fingers

Aura – a subjective sensation (as of voices, colored lights or crawling and numbness) experienced before an attack of some nervous disorders (as epilepsy or migraine)

Behavior modification – a treatment that focuses on modifying and changing specific observable patterns of behavior by means of stimulus-and-response conditioning. Examples of behavioral therapy techniques include operant conditioning, token economy, systematic desensitization, aversion therapy and flooding.

Bilateral – having to do with both sides of the body

Blocking – a sudden obstruction or interruption in the spontaneous flow of thinking or speaking that is perceived as an absence or deprivation of thought

Body image – one’s internalized sense of the physical self

Central nervous system – brain and spinal cord

Cephalocaudal – refers to the long axis of the human body in a direction from head to tail

Chiari II malformation – a congenital condition in which the brain tissue protrudes down from the skull into the spinal canal. An adult onset form also exists called simply Chiari malformation. This abnormality can cause hydrocephalus, severe headaches and a variety of other neurological symptoms.

Circumduction – circular movement, as with a joint

Codependent – maladaptive coping behaviors that prevent individuals from taking care of their own needs and have as their core a preoccupation with the thoughts and feelings of another or others; it usually refers to the dependence of one person on another person who is addicted

Cognition – the act, process or result of knowing, learning or understanding

Compulsions – repetitive, purposeless-seeming behaviors performed according to certain rules known only to the person in order to temporarily reduce escalating anxiety

Confabulation – filling in a memory gap with a detailed fantasy believed by the teller. This is seen in organic conditions such as Korsakoff’s syndrome and brain injury.

Confidentiality – the ethical responsibility of a health care professional, a teacher or an instructor that prohibits the disclosure of privileged information without a person’s informed consent

Congenital – existing from birth

Contracture – a condition of fixed resistance to passive stretch of a muscle resulting in limitation of range of motion of a joint. This condition is due to shortening of muscles, tendons and/or ligaments around joints.

Coping mechanism – ways of adjusting to environmental stress without altering one’s goals or purposes; includes both conscious and unconscious mechanisms

Decubitus ulcer – a skin lesion caused by prolonged pressure to an area of the body, especially over bony prominences

Depersonalization – a phenomenon whereby a person experiences a sense of unreality or self-estrangement. For example, one may feel that one’s extremities have changed, that one is seeing oneself from a distance or that one is in a dream.

Detachment – an interpersonal and intrapersonal disassociation from affective expression. Therefore, individuals appear cold, aloof and distant. This behavior is thought to be learned and is viewed as defensive.

Developmental Disability – a disability produced by disease or injury interrupting normal developmental sequence

Developmental Sequence – the order in which structure and function normally change; an established pattern of growth and development in human beings

Diplegia – weakness of the lower body to a greater extent than the upper body

Displacement – transfer of emotions associated with a particular person, object or situation to another person, object or situation that is nonthreatening

Distal – further from trunk (e.g., hand is distal to elbow)

Distractibility – inability to maintain attention; shifting from one area or topic to another with minimal provocation

Dorsiflexion – the act of bringing the top upward; when applied to the feet or hands it involves bringing the toes or fingers toward the body (opposite is plantar or palmar flexion)

Dual Diagnosis – the existence of two, possibly unrelated, primary diagnoses. Ideally, in treatment, both diagnoses should be addressed. For instance, someone may have two separate physical disabilities (e.g., diabetes and spinal cord injury) or someone with a physical disability may also have a psychiatric or mental health disorder (e.g., bipolar disorder and spina bifida). A substance abuse disorder may accompany a physical or a psychiatric diagnosis.

Dyskinesia – involuntary muscular activity, such as tic or spasm. The impairment of the power of voluntary movement, resulting in fragmentary or incomplete movements.

Dystonia – an impairment of control of muscle tone; may be an acute side effect of neuroleptic (antipsychotic) medication or a symptom of neurologic dysfunction

Echolalia – A repetition or imitation of sounds or words; may be voluntary or involuntary

Edema – swelling; an unusual accumulation of fluid

Egocentric – self-centered

Empathy – the ability of one person to see things from another person's perspective and to communicate this understanding to the other person

Enabling – helping a dependent individual avoid experiencing the consequences of his or her addiction. It is one component of a person in a codependency role.

Equilibrium – a state of balance; a condition in which opposing forces exactly counteract each other

Eversion – turning the foot out (i.e., duck feet)

Extension – to straighten the body or a joint

External Rotation – to rotate outward away from the body's midline

Fading – a gradual withdrawal of support or assistance when training a new skill

Family System – those individuals who make up the family unit and contribute to the functional state of the family unit

Fight-or-Flight Response (Sympathetic Response) – the body’s physiological response to fear or rage that triggers the sympathetic branch of the autonomic nervous system as well as the endocrine system. This response is useful in emergencies; however, a sustained response can result in pathophysiological changes such as high blood pressure, ulcers, cardiac problems and more.

Flaccid – hypotension of muscles; relaxed, floppy, having decreased or absent muscle tone

Flexion – to bend the body or a joint

Group Process – interaction continually taking place between members of a group

Hemiplegia – weakness of one side of the body, left or right

Hydrocephalus– an excessive accumulation of cerebrospinal fluid in the brain that may result in enlargement of the head

Hyperextension – movement of any joint beyond the joint’s normal position

Hypermobility – movement beyond what is normally expected

Hypertonic – high muscle tone, a state of greater than normal muscle tension, or incomplete relaxation

Hypochondriasis – excessive preoccupation with one’s physical health, without any organic pathology being present

Hypotonic – low muscle tone, a state of lower than normal muscle tension

Idiopathic – arising spontaneously or from an obscure or unknown cause

Impulsiveness – an action that is abrupt, unplanned and directed toward immediate gratification. Often, safety is jeopardized.

Incontinence – inability to control bowel and/or bladder function

Intellectualization – the use of thinking and talking to avoid emotions and closeness

Internal Rotation – to rotate inward toward the body’s midline

Inversion – turning the foot in (i.e., pigeon toed)

Labile – having rapidly shifting emotions; unstable

Lateral – side away from the center of the body

Lateral Flexion – movement of the head and/or trunk sideways, away from the midline of the body

Limit Setting – the reasonable and rational setting of parameters for client behavior that provide control and safety

Manipulation – purposeful behavior directed at getting needs met. Manipulation is maladaptive when:

- 1) It is the primary method used for getting needs met;
- 2) the needs, goals, and feelings of others are disregarded; and
- 3) others are treated as objects in order to fulfill the needs of the manipulator.

Medial – toward the center of the body

Microtrauma – a very slight injury or lesion; can also mean injury at the microscopic level that if repetitive can lead to serious injury

Midline – imaginary straight line through the center of the body from head to toe

Monoplegia – weakness of one extremity

Muscle Tone – condition in which a muscle is in a state of readiness to contract without excess slack or shortening; the resistance of muscles to passively stretch or move

Occlude – to close up or block off

Panic – sudden, overwhelming anxiety of such intensity that it produces disorganization of the personality, loss of rational thought and inability to communicate, along with specific physiological changes

Paralysis – temporary or permanent complete loss of movement

Paraplegia – weakness of both lower extremities

Paresis – partial or incomplete paralysis

Passive Aggressive Behavior – indirect expression of anger. Behavior may seem passive but is motivated by unconscious anger, often triggering anger and frustration in others. Examples of passive-aggressive behavior include lateness, forgetting, ‘mistakes’ and obtuseness.

Perception – conscious mental registration of sensory stimuli. Disturbance of perception is an inability to register and interpret sensory stimuli based on past experiences.

Peripheral – in the extremities, such as peripheral arteries, peripheral nerves

Perseveration – the involuntary repetition of the same thought, phrase or motor response (e.g., brushing teeth, walking); can be associated with brain damage or mental illness

Plantar Flexion – bending the ankle down (toes down)

Posterior – (dorsal) back side of body

Posture – position in which the body is aligned

Pronation – turning inward, pronation of the hand would be turning of the palms downward

Prone – position of the body face down, or lying on the stomach

Proprioception – joint position sense, awareness of the angle of a joint

Protraction – position of a body segment forward of other segments, such as protraction of the shoulder is movement of the shoulder forward

Proximal – closer to trunk (e.g., shoulder is proximal to elbow)

Psychosomatic – a term describing the interaction of the mind (psyche) and body (soma). The term is used in reference to certain diseases thought to be caused by psychological factors.

Psychotherapy – a treatment modality based on the development of a trusting relationship between client and mental health professional for the purpose of exploring and modifying the client's behavior and feelings in a satisfying direction

Quadriplegia – weakness of all extremities

Range of Motion – the degree of free, unrestricted motion found in each joint in the body

Reflexes – involuntary response to a stimulus either sensory or positional; reflexes are specific, predictable, usually purposeful and adaptive

Retraction – movement of a segment of the body behind another segment, such as retraction of the shoulder is movement of the shoulder backwards

Rigidity – tenseness, stiffness, inability to bend or be bent; abnormal rigidity may be linked to a lesion in the cerebellum

Rituals – repetitive actions that people must do over and over until they are exhausted or anxiety is decreased; often done to lessen the anxiety triggered by an obsession

Role-Playing – a technique used in group or family therapy in which a member acts out the behavior of another member in order to increase the other member's ability to see a situation from another point of view

Scapegoat – a member of a group or family who becomes the target of aggression from others but who may not be the actual cause of hostility or frustration

Self-Concept – a person's image of self

Self-Esteem – feelings individuals have about their worth and value

Sensory Integration – skill and performance in development and coordination of sensory input, motor input and sensory feedback

Shaping – achieving and developing a new response pattern through a series of successive approximations

Somatization – the expression of psychological stress through physical symptoms

Spasticity – increased tension of muscles causing stiff and awkward movements. The degree of stiffness is velocity dependent; the more quickly a muscle is stretched, the stiffer it becomes.

Sublux(at)ed – partially dislocated

Successive Approximation – progressing by small steps closer and closer to a goal; the learner comes to approximate the final response through a series of successive steps

Supination – turning a segment outward, supination of the hand is turning the palm up

Supine – position of the body lying flat on the back

Suppression – the conscious putting off of awareness of disturbing situation or feelings; the only defense mechanism that operates on a conscious level

Triplegia – weakness of three extremities.

Thrombus/Thrombosis – a clot of blood formed within a blood vessel and remaining attached to its place of origin

Torticollis – an abnormal and more-or-less fixed lateral flexion of the neck associated with muscular contracture

Unilateral – affecting or occurring on only one side of the body