

# Let's Explore: Diagnoses

Diagnosis/Disability/Consideration	Precautions/Adaptations
Downs Syndrome (strength and balance)	AA (atlanto axial) instability-(flex/ext)
	Instability at joints-mount-elbows/hips and head control
	Climbing mounting block, saddle or sidewalker support, smooth gaited horse, even terrain
Cerebral Palsy-stiffness/tightness	Girth of the horse, tack, terrain, speed of gait,
	Mounting-crest mount vs. over the rump
Hypotonia- generalized low tone	Girth of horse, tack, terrain, speed
	Head control especially for trotting or concussive horse

# Let's Explore: Sensory Adaptations

Considerations	Adaptations
Movement sensitivity	Slow vs. fast Size of horse Fear-give control to rider/stirrup length, use of thigh hold
Proprioception/kinesthesia	Choice of saddle -western vs English Walk vs trot
Touch sensitivity-grooming/reins/helmet	Desensitize-high 5's, clapping, brushing own hands Different textured brushes/reins Helmet-desensitize by deep pressure to head
Visual sensitivity	Distraction free environment-indoor vs outdoor Bright colors for attention Sun glasses
Olfactory sensitivity	Essential oils Avoid barn
Auditory sensitivity	Distraction free environment Voice-high vs. low Use of signs vs. words
Attention	Minimize distractions Variations in horses gait

# Let's Explore: Communication

Consideration	adaptation
Delayed response time	Power of pause
Processing of last or most significant word	Sequence of instruction—careful with “we will get off when....”
Repeated request = Reboot	Power of pause
Speed of your speech	Use slow, simple language
Difficulty with volume	Proximity of instructor, limited environmental noise
Deaf and/or limited verbal skills	Use of sign language
High tech hearing aids	Understand functions
Cochlear implants	Fit of helmet-put on from back to front