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# Glossary of Terms

**Activity Provider** – the individual conducting an equine-assisted activity or therapy lesson/session. This can be a Professional Association of Therapeutic Horsemanship International Certified Professional, licensed/credentialed health/mental health professional or certified/credentialed educator.

**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 ensure 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.

**Caregiver** – A person who provides daily care for another individual

**Center** – a structured organization that provides equine-assisted activities and therapies to persons with or 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** – A Professional Association of Therapeutic Horsemanship International Certified Professional at an activity site who is responsible for any program activity at that activity site that is being conducted by personnel not holding PATH Intl. credentials

**Direct Service Health Professional** – refers to medically licensed/credentialed specialists who are using their license/credential to provide equine activities/therapies. These professionals should have additional specialized training in the use of the equine as a component of treatment in their respective areas of expertise.

**Discharge** – to release or dismiss

**Driving** – activities related to carriage driving. Following PATH Intl. Standards for driving conducted by a PATH Intl. Certified Driving 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., mounted, driving, vaulting 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 client’s needs and the medical professional’s standards of practice.

**Equine-Assisted Learning (EAL)** – Equine-assisted learning (EAL) is an experiential learning approach that promotes the development of life skills applicable to educational, professional or personal goals through equine-assisted activities.

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

**Equine-Facilitated Psychotherapy (EFP)** – an interactive process in which a licensed mental health professional working with or as an appropriately credentialed equine professional partners with suitable equine(s) to address psychotherapy goals set forth by the mental health professional and the client

**Equine Specialist in Mental Health and Learning (ESMHL)** – 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 partners with mental health or education providers delivering services within the scope of their profession, incorporating equines in their practice. The ESMHL serves as the equine expert during equine/human interactions.

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

**Guest** – Persons visiting a center that are not regular volunteers, participants or staff

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

**Health** - overall dynamic (changing) condition or functioning of all human aspects: physical, mental, emotional, spiritual

**Hippotherapy (HPOT)** – 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 participant. In decision making, the participant is often thought of as 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.

**Implemented** – to carry out, accomplish, to ensure actual fulfillment by concrete measures

**Instructor-In-Training (IT)** – a candidate who has successfully completed phase one of the PATH Intl. 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 long-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 stationary or mobile device that facilitates the transfer of a participant from one place to another

**Medical** - the art and science of diagnosing, treating and preventing disease or other damage to the body or mind and maintenance of optimal health

**Mental Health** – for current usage see Equine-Facilitated Psychotherapy

**Mental Health Professional** – a person who by education and experience is licensed/credentialed and is professionally qualified to provide counseling, psychotherapy and/or mental health treatment designed to facilitate individual achievement of human development goals and remediate mental, emotional or behavioral disorders and associated distresses that impact mental health and/or development

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

**On-Site** – location where functions of a center other than activities occur. This can be the same as the activity site.

**Organization** – an administrative or functional structure (as a business or association)

**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. Certified Professional** – an individual who maintains a certification through the Professional Association of Therapeutic Horsemanship International

**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

**Participant** – a general description of the persons who take part in equine-assisted activities and therapies at a PATH Intl. Center for their benefit. Also called riders, vaulters, students or clients. There

will be varied usage depending on the discipline. For instance, in a therapy setting, it is appropriate to use 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

**Policy** – a course of action adopted and pursued by a governing body or organizational decision maker

**Post** - to place notice of in public view

**Practice** – habitual or customary performance, operation or office practice

**Procedure** – the sequence of actions or instructions to be followed in accomplishing a task

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

**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 that 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 Subcommittee. 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 client in order to provide specific therapeutic handling as part of an integrated treatment protocol.

**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 client handling skills in a situation where the therapist is unable to perform the task. An example may be that the assistant would handle the client during a T-HPOT session when the therapist may not be tall enough to work with a client 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 United States, a licensed, credentialed physical therapist (PT), occupational therapist (OT), speech language pathologist (SLP). Outside of the United States, 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 clients 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 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 lessons are held

**Working Session** – a period of continuous equine service without any lengthy breaks. A lengthy break is determined by the center based on the needs of its herd.

**Written** – Documents and forms saved as paper copy, pdf, scanned documents, or in online programs operated by the center for record keeping that can be viewed and are accessible for printing.

## 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 equine’s 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 breastcollar

**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** – the 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 activity or service areas such as equine-facilitated mental health, hippotherapy, driving or vaulting. It is the PATH Intl. Certified Professional's responsibility to understand the terms that relate to specific participants in their programs.

A helpful resource may also be the current *Diagnostic & Statistical Manual of Mental Disorders* (DSM). 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 diagnoses.

**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, including terrorizing, demeaning, consistently belittling, withholding warmth; often resulting in the feeling of powerlessness or decreased selfworth

**Activities of Daily Living (ADLs)** – 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/her 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 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, which 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** – 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

