

REPORTED BENEFITS OF HORSEBACK RIDING

PHYSICAL BENEFITS

- develops head and trunk postural control
- improved balance and equilibrium reactions
- increased motor control ability
- increased muscle development by decreasing abnormal muscle tone
- increased muscle strength and flexibility
- prevention of contractures
- increased joint mobility and range of motion
- improved overall endurance
- improved cardio-respiratory function
- improved circulation
- provision of sensations to no-weight bearing lower extremities
- strong symmetrical stimulation for asymmetrical problems (i.e. Hemiplegia)
- experience a gait similar to that of a walker
- normalizes response to sensory input
- increased sensory input to touch and smell

PSYCHOLOGICAL BENEFITS

- increased self-esteem
- increased confidence
- increased self-respect
- increased motivation
- the experience of performing as a normal person (i.e. being mobile, independent of others and free)
- having the opportunity to actively participate in and upon the environment
- feeling of elation and euphoria
- developing courage and experiencing an element of risk and danger
- a sense of achievement

SOCIAL BENEFITS

- taking part in an activity associated with the able-bodied
- developing new friendships and relationships
- learning about team work and other social skills (ie waiting for a turn)
- help people living with disabilities adjust to their disability
- association with an animal

EDUCATIONAL BENEFITS

- increased attention span, self-control and concentration
- increased body awareness and improved body image
- increased spatial awareness
- cognition practice while learning theory
- improved memory
- increased ability to learn structure and organization
- improved problem solving skills
- improved speech (vocalization and articulation)

RECREATIONAL BENEFITS

- taking part in a sport
- potential for life-long enjoyment
- FUN

WE CAN RIDE



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