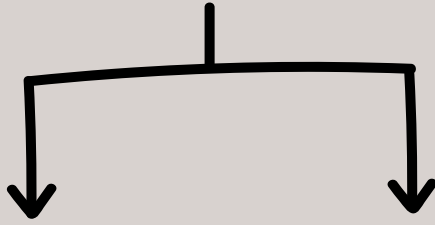


EQUINE ASSISTED THERAPY: WHAT TO EXPECT



MOUNTED

- Mounted equine assisted therapy provided by an OT, PT, or SLP is called HIPPOTHERAPY
- During mounted sessions, participants sit on the horse while guided by a therapist.
- Activities may include:
 - Changing positions on the horse
 - Reaching, stretching, or completing tasks
 - Engaging in games or goal-directed activities
- Core Focus areas:
 - Core strength and postural control
 - Dynamic balance and coordination
 - Motor planning and body awareness
- Safety is a top priority:
 - Helmets are required for all riders
 - Trained staff (therapist, horse leader, side-walkers) provide support throughout



UNMOUNTED



- Unmounted equine assisted therapy provided by an OT, PT, or SLP is called EQUINE ASSISTED THERAPY or EAT
- Unmounted sessions take place on the ground and are still therapy-based and goal-focused
- Activities may include:
 - Grooming and caring for the horse
 - Leading and interacting with the horse
 - Completing functional or sensory-based tasks
- Focus areas:
 - Fine motor and bilateral skills
 - Sequencing and task completion
 - Emotional regulation and social interaction
- These sessions help build confidence and support participation in meaningful activities