

CONNECTICUT VALLEY HOSPITAL PHYSICAL THERAPY SERVICES

PROGRAM DESCRIPTION

Title: Equinotherapy

Code:

Leader(s): Erin Conneely, MSPT II

Date & Time:
(Seasonal)

Program Capacity: varies

Length of Session: varies

Modality: Individual or Group

Location: High Meadows

Core Needs Addressed:

- Physical Health Management
- ADL Skills
- Community Preparation
- Leisure Skills

Behavioral Objectives: (measurable outcomes)

- The patient will demonstrate safe transfers; to vehicle, to saddle with appropriate assistance.
- The patient will display safe sitting balance on horse.
- The patient will actively participate in therapeutic equinotherapy exercises.

Program Description:

- Equinotherapy will take place at High Meadows approximately 4 times per month in season.
- Patients will be instructed in proper vehicle transfers (car, van, handicapped van).
- Patients will participate in therapeutic horseback riding (including exercises, stretches and balance training) for up to 25 minutes. There will be three persons available to ensure patient safety while riding (one to lead horse, two side walkers).
- Patients can participate in sensory stimulation activities as an alternative to riding (brushing, petting, feeding, grooming horse).

Criteria for Participation:

- MD clearance.
- Horseback riding waiver signed.
- Patient has at least level 3 privileges or Unit Psychiatrist approval if lower than level 3.
- Patient displays behavior that is appropriate for the community.

Referral Process:

Group Leader referral.

Team recommendation.

MD order for PT/OT services.