



HORSES' TRAINING TECHNIQUES AND SAFETY

"Issues of safety and horses' training techniques, as preparation and prerequisite for an adequate therapeutic session"

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- The proper therapeutic horse has to be psychologically and physically balanced.
- Before its training we should take care of its needs and welfare.





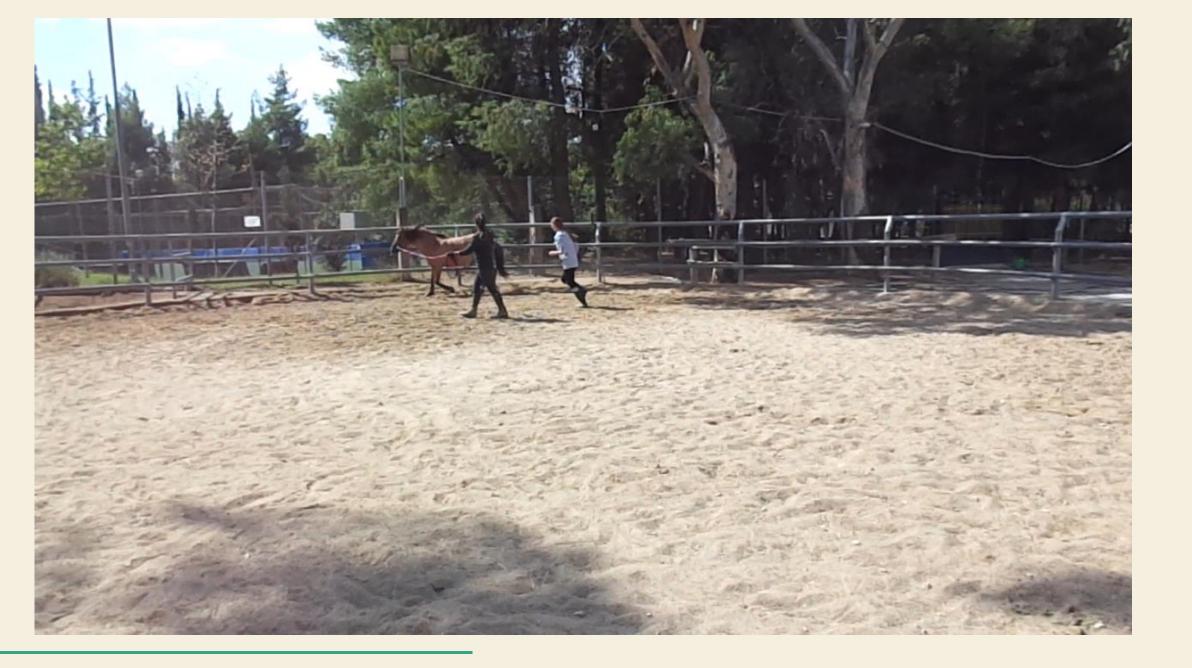
FAMILIARIZING THE HORSE TO THE EAT ENVIRONMENT



- Desensitization to ramps, wheelchairs, walking sticks, therapy equipment and toys, usual behaviors of clients population, special equipment such as adaptive stirrups or vaulting rollers etc.
- Specific training for the ramp (bringing the horse to the ramp and teaching to stand quietly)
- Teach the horse in various ways of mounting-dismounting (while standing and while moving)
- Desensitization from clients 's balance difficulties or clients who are off-center and do not move with the horse
- Tolerance of being surrounded from many people on each side, close by and touching various areas (either during mounted activities or ground work with the horse)
- Desensitize the horse to specific therapeutic techniques-positions (while standing and while moving)
- > Teach from both sides of the horse

The horse has to be accustomed to all these actions performed on him PRIOR to his mounting by a client.





Work in hand, trainingconditioning

- Train the horse to various leading techniques (in-hand leading, back-leading, hands-free leading, triangle leading, lunging line)
- Learn to stop, stand and start the movement many time
- Need to develop communication between horse and human and build a relationship with the horse
- Obedience and response to voice commands and signals
- Learn the horse to cooperate with humans and being a colleague during therapy





Work in hand, trainingconditioning

- Proper training and conditioning is an ongoing process and should be done by experienced riders or instructors, in various ways (lunging, riding, free lunging, etc.)
- Exercise should be done to maintain suppleness and to strengthen the horse's muscles
- Consider exercises related to the demands of the job







HORSE GROOMING

1. Horse grooming keeps the horse clean and prepare it for tacking up

2. The whole process prepares the horse mentally for the therapeutic session, and should be done carefully



- Place of training (fenced arena with appropriate size and good-soft footing)
- Carefully monitor the number of hours per day that the horse works. Consider: overall hours, hours work consecutively, other non-therapy activity within that day, response to being tacked-untacked, involvement in non-mounted activities, size and type of patients
- Remember that the horse should be a willing partner and thrives on love and praise
- Use of appropriate equipment and its maintenance
- Carefully consider the size of the patient relative to the size of the horse
- Never subject a horse to a situation or patient that will cause discomfort or stress
- Do not forget horse's nature!

CONSIDERATIONS FOR SAFETY AND HORSE WELFARE

REFERENCES

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- 3. Spink Jan: Developmental Riding Therapy, Arizona: Therapy Skill Builders, 1995

Thank you for your attention!