Therapeutic Riding and Driving

http://www.pathintl.org/
Professional Association of Therapeutic Horsemanship International (PATH)
P.O. Box 33150
Denver, CO 80233
Phone: 303-452-1212, 800-369-7433 (Toll-free)
PATH members, instructors and centers serve participants of all ages and with a range of physical, emotional, behavioral and cognitive challenges. The organization and its members have developed a variety of different equine-related activities for therapeutic purposes, collectively known as equine-assisted activities and therapies (or EAAT). Besides horseback riding, EAAT also includes therapeutic carriage driving; interactive vaulting, which is similar to gymnastics on horseback; equine-facilitated learning and mental health, which use the horse as a partner in cognitive and behavioral therapy, usually with the participation of a licensed therapist; ground work and stable management. PATH’s Equine Services for Heroes (formerly Horses for Heroes) is a program that uses a variety of EAAT disciplines specifically to help war veterans and military personnel. PATH certifies instructors and riding centers in therapeutic riding, driving and vaulting in the United States.

http://www.americanhippotherapyassociation.org/
American Hippotherapy Association (AHA)
P.O. Box 2014
Ft. Collins, CO 80522
Phone: 970-818-1322
E-mail: info@theahainc.org
AHA promotes the use of the movement of the horse as a treatment strategy in physical, occupational and speech therapy sessions for people living with disabilities. The site has information on hippotherapy and lists member therapists and facilities.

http://www.usdfd.org/
United States Driving for the Disabled (USDFD)
1354 Ray Rd.
Fenton, MI 48430
Phone: 810-516-6560
Email: usdfd.org@gmail.com
USDFD exists to help drivers, instructors, and centers involved in disabled driving. The organization provides training for drivers and instructors at its national headquarters.
http://www.cantra.ca/

**Canadian Therapeutic Riding Association** (CanTRA)
5420 Hwy. 6 North
R.R. #5
Guelph, ON N1H 6J2
Phone: 519-767-0700
E-mail: ctra@golden.net

CanTRA promotes therapeutic riding for children and adults with disabilities throughout Canada. The organization acts as a resource for its members through certification, education and insurance. Local member centers offer programs such as hippotherapy, equine facilitated mental health, and therapeutic riding to provide socialization, recreation, interaction of clients and horses, and the care and training of the horse. Many also provide life skills training, rehabilitation and employment opportunities for individuals with disabilities.

http://www.riding-for-disabled.org.uk/

**Riding for the Disabled Association Incorporating Carriage Driving (RDA)**
Norfolk House
1a Tournament Court
Edgehill Drive
Warwick, UK
CV34 6LG
Phone 01926 492915
Email: info@rda.org.uk

RDA represents and provides support to over 500 member groups which help people take part in riding, carriage driving and vaulting activities. RDA groups work across the spectrum of disabilities, age range, social status and urban and rural environments to ensure that each individual has the chance to derive a direct therapeutic benefit and the opportunity to achieve personal goals. The site lists contact information for member groups and has information on the disciplines of riding, carriage driving, vaulting, dressage, polo and show jumping.

http://www.frdi.net/

**HETI (Federation of Horses in Education and Therapy International)**
PO Box 134
Damariscotta, ME 04543
Email: office@hetifederation.org

HETI facilitates worldwide collaboration between organizations and individuals offering equine assisted activities. The site lists contact information for members in 46 countries. HETI was founded as a non-profit in 1980 in Belgium.

http://freedomrider.com/

**Freedom Rider Tack Shop**
5225 Tudor Ct
Naples, FL 34112
Phone: 888-253-8811 (Toll-free)
Freedom Rider offers a catalog of products for therapeutic riding.

http://www.courbette.com/Catalog/accessories/therapeuticequipment.html
Courbette Saddlery Co.: Therapeutic Equipment
This page has information on Courbette’s products which were developed for therapeutic riding programs for disabled equestrians.

http://www.fei.org/
Fédération Equestre Internationale (FEI)
HM King Hussein I Building
Chemin de la Joliette 8
1006 Lausanne
Switzerland
Phone: +41 21 310 47 47
FEI’s primary mission is to advance the orderly growth of equestrian sport worldwide by promoting, regulating and administering humane and sportsmanlike international competition in the traditional equestrian disciplines. Its site lists information on 22 disciplines for people with disabilities: para-equestrian dressage, para-equestrian driving.

http://www.usef.org
U.S. Equestrian Federation (USEF)
4047 Iron Works Parkway PO Box 83
Lexington, KY 40511 Gladstone, NJ 07934-2053
Phone: 859-258-2472 Phone: 908-234-0848
The USEF is the national governing board of equestrian sports in the U.S. It sets rules for para-equestrian events in the U.S. and chooses the Paralympic team.

http://uspea.org/
U.S. Para-Equestrian Federation
The USPEA, an affiliate of the United States Equestrian Federation, provides programs, clinics, and competition opportunities for athletes with physical disabilities.

National Center on Health, Physical Activity and Disability: Therapeutic Riding for Children with Disabilities
This fact sheet has information on therapeutic riding and hippotherapy and includes videos of a girl with a congenital arm disability.

Internet Discussion Forums

http://groups.yahoo.com/group/therapeuticriding/
Yahoo! Groups: Therapeutic Riding Exchange
This group provides an opportunity to exchange ideas, ask questions, and learn more about therapeutic riding for the disabled.

Streaming Video
The following streaming video from the Christopher & Dana Reeve Foundation can be viewed for free at [www.paralysis.org](http://www.paralysis.org). To view, click *See All Videos* on the top, then click the *Paralysis Resource Center* tab and scroll through the videos listed on the right.

- **Therapeutic Horseback Riding**

---

**REEVE FOUNDATION**

**LENDING LIBRARY**

The following books and videos are available for free loan from the PRC library. For more information, please visit the online catalog at: [http://www1.youseemore.com/ReevePRC/default.asp](http://www1.youseemore.com/ReevePRC/default.asp)

**Books**


• **Home Study Guide for Therapeutic Riding Instructors, Books 1 and 2.** Lulu.com, 2008. Strides Therapeutic Riding Centers, Inc. in Tarzana, California, receives the proceeds from the sale of this book.


**Children’s Books**

• Anderson, Peggy Perry. **We Go in a Circle.** Boston: Houghton Mifflin Co. 2004. An injured race horse is rehabilitated to carry riders in hippotherapy (horseback riding used as physical therapy).


• Brodsky, Kathy. **A Horse Named Special.** Helpingwords, 2012. Written for ages 3-9. Special is a former race horse who was injured and is now a therapeutic riding horse.

• Doskotz-Carlson, Elizabeth. *I Am Sam: A Therapeutic Riding Horse.*
  Sam is a former race horse who becomes a therapeutic riding horse.

• Dukehart, Sybil K. *Happy Birthday!* Georgetown, KY: United States Driving for the Disabled.
  Rosalie is a wheelchair user who gets a pony for her birthday.

  Pony Tails has 3 different stories about Rosalie who is paralyzed in a car accident and learns to drive a horse carriage.


  Barwick became a paraplegic at the age of 22. She took up adaptive riding and won the gold medal for Canada in dressage at the 2008 Paralympics.

  Describes the various aspects of therapeutic riding and hippotherapy.

  Colt is a young boy who has always been in a wheelchair due to spina bifida. His mom signs him up for a riding program which changes his thinking.


  Covers ten years in the relationship of Janie, a young, paralyzed girl and her therapy horse Silver.

  Sarah owns Pickles and then becomes disabled in an accident. She starts driving Pickles in competition after that.

**Videos**

• **Alternatives to Backriding.** Woodside, CA: National Center for Equine Facilitated Therapy. (15 minutes, 42 seconds)


• **The Hippotherapy Horse.** Woodside, CA: National Center for Equine Facilitated Therapy. (18 minutes, 31 seconds)


• **Program Safety & Emergency Procedures.** Woodside, CA: National Center for Equine Facilitated Therapy.

• **The Therapy Horse: Moods, Behaviors, & Instinctive Responses.** Woodside, CA: National Center for Equine Facilitated Therapy. (8 minutes, 48 seconds)

• **Volunteering at a Therapeutic Riding Center.** Allentown, NJ: Horseback Riding for the Handicapped of NJ, 2002. DVD. (24 minutes) [www.hrhofnj.org](http://www.hrhofnj.org)

The information contained in this message is presented for the purpose of educating and informing you about paralysis and its effects. Nothing contained in this message should be construed nor is intended to be used for medical diagnosis or treatment. It should not be used in place of the advice of your physician or other qualified health care provider. Should you have any health care related questions, please call or see your physician or other qualified health care provider promptly. Always consult with your physician or other qualified health care provider before embarking on a new treatment, diet or fitness program. You should never disregard medical advice or delay in seeking it because of something you have read in this message.

This project was supported, in part by grant number 90PR3002, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking projects under government sponsorships are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official Administration for Community Living policy.