

# **THERAPEUTIC RIDING AT BREEZY HILL**

The philosophy of the Therapeutic Riding program at Breezy Hill is to expose those with medical and emotional needs, physical, developmental and social delays to the joys and benefits of horseback riding while simultaneously providing specific therapeutic interventions. The Therapeutic Riding program at Breezy Hill emphasizes the enjoyment and freedom of riding a horse. Therapeutic interventions are integrated within the riding experience and facilitate self sufficiency in daily living tasks. The ultimate goal of this program is to increase independence in all areas of living while participating in a fun activity.

## **Goals:**

- \* Allow those with limited mobility/ambulation the freedom of movement without assistive devices (i.e. wheelchairs, walkers)
- \* Encourage care of the horse with eventual carryover into self care skills
- \* Decrease tone and abnormal movement patterns
- \* Establish a caring relationship between the rider and the horse
- \* Increase strength, endurance and balance
- \* Improve coordination and fine motor skills
- \* Have Fun!

## **Requirements for first lesson:**

MD prescription that is less than 30 days old  
Completed health form with current health issues listed  
Liability form (from TR@BH)  
ISP/IEP form (optional but helpful)

## **Credentials:**

NARHA member  
Licensed and certified Therapeutic Riding Instructors  
Registered and licensed Occupational Therapist

## **About Therapeutic Riding @ Breezy Hill**

Breezy Hill Farm is a 100 acre farm located in Holliston, MA. The riders use one of nine horses in an outdoor or indoor riding ring. With each rider, we have two volunteers, a leader for the horse, a riding instructor and at times an occupational therapist. TR@BH can accommodate riders of all ages and levels of need.

## **Contacts:**

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May Breezy Hill be a ray of sunshine, a breath of fresh air and a patch of blue sky for you!