

# On the right way on horseback

Millions of years ago, when horse was dog-sized, man chose it as his companion because of its vigilance. Many, many years later, they increased in size, with the ability to carry heavy loads, and then one day somebody got on its back. So that was the start of the history of horseriding.









*Briefly I would like to demonstrate the effects of horseriding and the system of riding therapy in Hungary.*



It is a physical activity in open air, in which you can feel free and independent, whilst enjoying yourself. You can gain confidence from sitting at a height on horseback. This is particularly true with disabled people, who are dependent on others.

***Physical influences:***

- Rhythmical, deep respiration
- Faster metabolism
- Increase of blood circulation





During horseriding the vestibulation system is permanently stimulated, having extensive contacts with the central nervous system which affects its operation.

***The effects on the nervous system:***

- Creates automatic patterns of movement
- Increases coordination
- Improves balance
- Develops spatial orientation
- Perfects body symmetry



***Horseriders continuously experience the senses:***

- Smell of the horse
- Neighing of the horse
- Sound of the hooves
- Touching a warm, soft-coated body of the horse

These can relax and loosen the patients' muscles.





This therapy has been used as a professional method for more than 10 years in my country. Specialists need to hold specific qualification. Education includes theory and practice as well. Therapists also need to be qualified and experienced in the different types of challenges the patients may have.

Now I describe the different fields of horse therapy specially focusing on the Hungarian way and the related national regulations.

***Fields:***

- Hyppotherapy
- Special needs riding and vaulting
- Horse-assisted psychotherapy
- Parasport



***Hypotherapy*** is a physiotherapy treatment for the neuro-physiological system for physically handicapped people. The horse is led by the therapist or a helper. It walks at 90-110 steps per minute and the rider has the same amount of movement impulses acting on his or her spatial column.

Specialists doing hypotherapy must hold a degree in physiotherapy and a postgraduate in riding therapy.



The horse must be trained to have a regular rhythm on walking, otherwise it could be harmful.



***Special needs riding and vaulting*** is used to prevent, cure, develop and educate people with special needs. It includes not only the horseriding itself but all riding related activities, such as cleaning and preparing the horse. Special needs riding is done with saddle, while vaulting with surcingle. Therapeutic vaulting is gymnastics on horseback that develops balance, attention, gross motor skill and decreases social deficits. The therapy should be personal, worked out based on the challenges, the development needs the patient faces. Lessons can be both individual and in group.





The specialist must hold a special needs teacher and a riding therapist degree.

Our organization works mostly in the field of special needs riding and vaulting.





***Horse-assisted psychotherapy*** takes place in the triangle of the horse, the patient and the therapist, where the horse facilitates the therapeutic process as a co-therapist. Specialists are psychiatric therapists holding a postgraduate degree in horsetherapy.



This method is used to deal with depressive, distressed, addictive people, children with autism, behaviour, concentration, affection problems and hyperactivity.

***Parasport*** is a sport activity where horse and horserider prepares together for the challenge.



Its sub-fields are the following:

- Competitive sport is organized on national or international level both based on international rules.
- Recreation aims to fill spare time with meaningful content with the help of coaches trained on health maintenance.



Thank you for your attention!



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