



HIPPOTHERAPY

Hippotherapy is a unique form of therapy as it utilises the form and the movement of a horse to achieve a specific, intended and therapeutic outcome for the rider. Being a sort of 4D therapy, the client would move in multiple planes and through space all at the same time, which can't be replicated in a different setting. Research has shown a positive impact on functional goals such as walking in children with Cerebral Palsy; improved posture in clients with Multiple Sclerosis and progress in the development of speech and gross motor skills in children with developmental delay.

Hippotherapy has many benefits for a client, which may include:

- Dampening of high muscle tone or increasing in low muscle tone
- Improve their postural strength and endurance
- Improve respiratory function
- Use their communication skills more (verbal; core board etc)
- Learn cause and effect
- Improve fine motor skills
- Have sensory (visual; proprioceptive; olfactory auditory; tactile) stimulation
- Improve balance
- Improve coordination
- Improve confidence, anxiety and general mental health

Embrace Therapy is registered under NDIS and WANDIS and participants may have physiotherapy services included in their plan. Medicare and health insurance rebates may also be available.

To get you or someone you know involved, contact us on the details below.

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