



HIPPOTHERAPY

Hippotherapy uses rhythmic, multi-plane equine (horse) movement which stimulates a human's neurological system, helping to organize motor movement, regulate sensory systems, and mimics walking through the patient's pelvis. This helps to build core strength, increase core stability, and positively impacts many motor centers increasing strength, muscle coordination and quality of both fine and gross motor movement. In addition, increased motivation and participation in treatment and social-emotional benefits have been reported.



HEART OF THE ROCKIES
REGIONAL MEDICAL CENTER

Hippotherapy is a rehabilitation treatment strategy used by occupational therapists, physical therapists, and speech-language pathologists. Specialized plans of care are developed for each patient and hippotherapy can be one of many tools that HRRMC therapists have available to reach therapy and patient goals for improved function, resulting in improved quality of life.

Who can benefit from Hippotherapy?

- Children with neurological diagnoses, movement diagnoses, developmental delays, sensory processing regulation needs, and many other related disorders.
- Adults with chronic neurological diagnoses, such as MS, Parkinson's, neurodegenerative diseases, and many others.
- Referral for rehabilitation services required. Established rehabilitation patients, speak with your provider to see if hippotherapy is right for you!

Partnership with Mini-Blessings Organization

- HRRMC partners with Mini-Blessings, a local non-profit to offer equine guided activities.
- 15732 County Rd. 306, Buena Vista, CO 81211
- Visit mini-blessings.org for more information.

Our Team



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