

Clinic to Arena

**Children with Cerebral Palsy
in Equine Arena**



Orientation to Arena



Pre Evaluation



- Gross Motor Function Measure (GMFM 66)
 - Approximate Time : 30 min.
 - Who Evaluate : Physical Therapist (HPCS*)
 - Items in GMFM
 - A : Lying & Rolling
 - B : Sitting
 - C : Crawling & Kneeling
 - D : Standing
 - E : Walking, Running & Jumping

* *HPCS : Hippotherapy Clinical Specialist*



Orientation



- Parents Orientation
 - Approximate Time : 30 min.
 - Contents
 - Principles
 - Effects expected in general
 - Precaution
 - Volunteer introduction
 - Parents Riding Experience

Specific for Cerebral palsy

- Tone normalize
- Hip joint mobility
- Strengthening
(Core, Leg,
shoulder, etc)
- Coordination



Mounted Evaluation



- Postural Assessment Scale for Hippotherapy (PASH*)
 - Approximate Time : 30 min.
 - Who Evaluate : Physical therapist / Riding Instructor
 - Items
 - 1. Hands up
 - 2. Trunk Rotation
 - 3. Reaching (Left / Right)
 - 4. Standing Up
 - 5. Stand Up and Down
 - 6. Backward Sitting
 - 7. Side Sitting (Left / Right)

** PASH is scale developed by Samsung RD center with Samsung Medical Center.*



Riding Program



- Individual class
 - Focuses more on MOBILITY & STRENGTHENING
 - pelvic posture and mobility
 - upper extremities mobility with core stability
 - lower extremities strengthening with ankle stability

- Group class
 - Focuses more on RIDING ABILITY
 - Reining (building up from core stability)
 - Trotting (building up from ankle stability)



Riding Program



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Riding Program



- Pelvic posture and mobility

Postural Assessment Scale for Hippotherapy (PASH*)

1. Hands up
2. Trunk Rotation
- ...
6. Backward Sitting
7. Side Sitting (Left / Right)



Riding Program



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Riding Program



- Upper extremities mobility with core stability

Postural Assessment Scale for Hippotherapy (PASH*)

3. Reaching (Left / Right)



Riding Program



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Riding Program



- Lower extremities strengthening with ankle stability

Postural Assessment Scale for Hippotherapy (PASH*)

4. Standing Up
5. Stand Up and Down

* IMPORTANT : ANKLE-FOOT ORTHOSIS



Riding Program



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Post Evaluation



- Gross Motor Function Measure (GMFM 66)
- PASH



- The results of Pre and Post evaluation and comments of riding program are shared to Doctor for further assessment.





**Thank you
for
your attention!**

