



# *HORSES' TRAINING TECHNIQUES AND SAFETY*

*"Issues of safety and horses' training techniques, as preparation and prerequisite for an adequate therapeutic session"*

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- The proper therapeutic horse has to be psychologically and physically balanced.
- Before its training we should take care of its needs and welfare.



# FAMILIARIZING THE HORSE TO THE EAT ENVIRONMENT



- Desensitization to ramps, wheelchairs, walking sticks, therapy equipment and toys, usual behaviors of clients population, special equipment such as adaptive stirrups or vaulting rollers etc.
  - Specific training for the ramp (bringing the horse to the ramp and teaching to stand quietly)
  - Teach the horse in various ways of mounting-dismounting (while standing and while moving)
  - Desensitization from clients 's balance difficulties or clients who are off-center and do not move with the horse
  - Tolerance of being surrounded from many people on each side, close by and touching various areas (either during mounted activities or ground work with the horse)
  - Desensitize the horse to specific therapeutic techniques-positions (while standing and while moving)
  - **Teach from both sides of the horse**
- ❖ The horse has to be accustomed to all these actions performed on him PRIOR to his mounting by a client.





## *Work in hand, training-conditioning*

- Train the horse to various leading techniques (in-hand leading, back-leading, hands-free leading, triangle leading, lunging line)
  - Learn to stop, stand and start the movement many time
  - Need to develop communication between horse and human and build a relationship with the horse
  - Obedience and response to voice commands and signals
  - Learn the horse to cooperate with humans and being a colleague during therapy
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## *Work in hand, training- conditioning*

- Proper training and conditioning is an ongoing process and should be done by experienced riders or instructors, in various ways (lunging, riding, free lunging, etc.)
- Exercise should be done to maintain suppleness and to strengthen the horse's muscles
- Consider exercises related to the demands of the job







# *HORSE GROOMING*

1. Horse grooming keeps the horse clean and prepare it for tacking up
2. The whole process prepares the horse mentally for the therapeutic session, and should be done carefully



- Place of training (fenced arena with appropriate size and good-soft footing)
- Carefully monitor the number of hours per day that the horse works. Consider: overall hours, hours work consecutively, other non-therapy activity within that day, response to being tacked-untacked, involvement in non-mounted activities, size and type of patients
- Remember that the horse should be a willing partner and thrives on love and praise
- Use of appropriate equipment and its maintenance
- Carefully consider the size of the patient relative to the size of the horse
- Never subject a horse to a situation or patient that will cause discomfort or stress
- Do not forget horse's nature!



***CONSIDERATIONS  
FOR SAFETY AND  
HORSE WELFARE***



## *REFERENCES*

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  3. Spink Jan: Developmental Riding Therapy, Arizona: Therapy Skill Builders, 1995
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***Thank you for your attention!***

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