

	<b>Therapeutic riding</b>	<b>Hippotherapy</b>
<b>What</b>	Teaches riding skills to persons with special needs	Provides medical treatment using the movement of the horse
<b>Who</b>	NARHA certified riding instructor	Licensed Occupational or Physical therapist or Speech language pathologist with special training in hippotherapy
<b>Certifications</b>	NARHA registered, advanced and master level. CHA also registers Instructors of Riders with Disabilities	AHA level I, level II and Hippotherapy clinical specialist
<b>How</b>	Generally, in a group setting the riding instructor adapts teaching methods to improve riding skills and independence in horseback riding	Generally in a 1:1 setting the therapist provides facilitation and cues in conjunction with the horses' movement to improve functional skills outside the treatment setting
<b>Horse</b>	The horse responds to the aids from the student.	The horse moves the client during a treatment session.
<b>Participants</b>	NARHA recommends children over 4 years and older. All riders must have good head and trunk control (able to sit without back or foot support for five minutes). Other precautions and contraindications apply.	Children under age two are contraindicated. Children can have moderate impairments in head control or trunk stability. Adults must be able to sit without back and foot support for five minutes. Other precautions and contraindications apply.
<b>Summary</b>	Therapeutic riding is a recreational, educational or sport activity in which people with disabilities learn to ride a horse as independently as they are able.	Hippotherapy is a medical treatment session provided by an OT, PT or SLP utilizing the movement of the horse to improve functional outcomes.