

# EQUINE-ASSISTED INTERVENTIONS HANDBOOK OF THERAPEUTIC RIDING

*Principles Methodology Organisation*

*This technical-scientific handbook is an absolute requirement for immediate professional application in Therapeutic Riding (TR), currently denominated Equine-Assisted Interventions or Equine-Assisted Activities and Therapies (EAAT), and for training and updating. Its systematic nature and in-depth contents along with the detailed video documentation make it one of a kind on the international level.*

A 400-page book with images, graphs and plus 2 full length didactic Videos for a total of 3 hours



**Text:** it begins with the fundamentals of the EAAT/TR disciplines (Rehabilitation and Riding) (in this Handbook we continue using the traditional term TR interpreted in its widest meaning for its clarity). On one hand, it defines the general aspects of disability and handicap, of neurological, psychiatric and neuropsychological disorders and of rehabilitation; on the other, it deals with the principles which guide the choice and the management of the horse, the principles of biomechanics and biodynamics of the horse's movement and of adaptive kinesiology applied to achieve centered seat. Lastly, it also illustrates the symbolic meanings of the horse. The book then goes on to examine the effects of TR on neurological disorders (for example, on clinical manifestations such as spasticity, dystonia, ataxia, etc., on neurological forms such as Cerebral Palsy, Post-Traumatic Disorders, Progressive Diseases, etc.) as well as on mental disorders (Intellectual Disability, Autism Spectrum Disorders, etc.). In so doing, it provides the keys for interpretation and application. A very large section is dedicated to the methodology of TR application, its general aspects as well as to the specific neurological and mental disorders, and to the quantitative assessment of the results. A specific Protocol is reported. A brief excursus is dedicated to Vaulting, Carriage Driving and Sport Riding. The handbook ends with a chapter focusing on TR Guidelines and on how to organise and manage a TR Centre.

**Video:** a comprehensive video documentation which pertains to neuropsychiatric symptomatology and to the application of TR methodology in neurological and psychiatric disorders and which also analyses the horse's movements and their effects on the rider. Vaulting, Driving and Sport Riding for the Disabled are also examined.



## INDEX

### General Aspects

Equine-Assisted Interventions. TR: Definition and State of the Art  
Rehabilitation: Working Concepts  
Resumption of Rehabilitation and Integration Processes in TR  
The Child and the Horse

### The Horse and Therapeutic Riding

Choosing and Managing the Horse for TR:  
Conformation, Character and Training  
Basic Concepts of Biomechanics and Biodynamics in TR  
Seat: Basic Concepts of Applied Kinesiology

### Therapeutic Riding and Neuromotor Disorders

Pattern Analysis of the Main Neurological Disorders  
Posture and Movement Analysis on Horseback  
in Subjects Affected by Neuromotor Disorders  
Assessment Criteria for TR Outcomes  
TR Assessment Scale in Neuromotor Disorders  
TR in Neurological Disorders

### Therapeutic Riding and Psychopathology

Child and Adolescent Psychopathology:  
Keys of Interpretation of Behaviour in TR  
Elements of Psychopathology in Children and Adolescents  
TR in Autism Spectrum Disorders  
Mental Retardation or Intellectual Disability  
TR in Intellectual Disability and in Specific Learning Disorders

### Methodology

TR Methodology: General Characteristics  
TR Methodology in Neuromotor Disorders  
Strategies and Procedures in the Different Forms  
of Neuromotor Disorders  
TR Methodology in Mental Disorders

### Vaulting, Carriage Driving, Sport Riding for the Disabled

Vaulting as a Tool for Rehabilitation and Remedial Education  
Discipline of Carriage Driving in TR. Therapeutic Carriage Driving  
Historical Review and Organisation of Sport Riding for the Disabled

### Organisation Factors

Guidelines and Proposal for TR Organisation and Assessment

**VIDEO No. 1 (49 minutes)**

**Pattern Analysis of the main neurological disorders:  
competition of postural and motor patterns, balance disorders,  
involuntary movements**

(Spastic, Dystonic and Ataxic Disorders)

**Analysis of posture and movement in subjects with neuromotor  
disability on horseback**

(Spastic, Dystonic and Ataxic Disorders)

**VIDEO No. 2 (134 minutes)**

**Atmosphere in the riding school and relationship with the horse**

**TR Centre, facilities and equipment**

**The horse's movement**

Analysis of the horse's movement on the basis  
of its conformation and quality of its movement

**TR Methodology**

**Neuromotor Disorders**

- Dystonic Disorders
- Spastic Disorders
- Mixed Disorders
- Hemiplegia
- Post-Traumatic Disorders
- Progressive Diseases
- Dyspraxia

**Mental Disorders**

Clinical features and developmental process  
of the Mental Disorders in relationship to TR

**Group riding lessons**

**Integration**

**Vaulting**

**Carriage Driving**

**Sport Riding for the Disabled**

Italian version: new Edition, 2019, price € 60

English version: Edition, 2020, price € 60

*The book can be ordered from*

Associazione Lapo

Mobile phone: +39.347.5398994

Website: [www.associazionelapo.com](http://www.associazionelapo.com)

E-mail: [info@associazionelapo.com](mailto:info@associazionelapo.com)



Handbook translation by  
*Diane Jean Melville*  
*Cinzia Colombini*



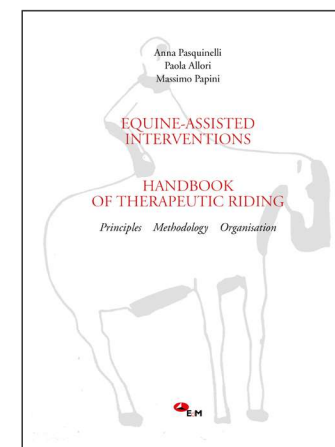
Associazione Lapo  
[www.associazionelapo.com](http://www.associazionelapo.com)

**ANNA PASQUINELLI  
PAOLA ALLORI  
MASSIMO PAPINI**

*present*

**EQUINE-ASSISTED INTERVENTIONS  
HANDBOOK OF THERAPEUTIC RIDING**

*Principles Methodology Organisation*



 **Edizioni della Meridiana**