

Equine Therapy

In addition to the movement experienced when riding the horse, tactile senses are stimulated. The horse's skin is fuzzy, the mane and tail are rough, and the nose is soft. Discovery of these sensations often helps draw a child out, stimulating development of verbal communication.



Be the best you can be!

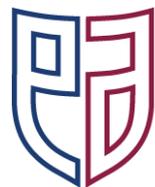


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East Ayrshire Council
Comhairle Siorrachd Àir an Ear

Horse Riding and Equine Therapy



West Loudoun Equestrian Centre

The West Loudoun riding centre staff have been wonderful at working with the pupils to achieve the most positive environment for our pupils to learn in. Riding at the WLRC has created a sense of achievement, a feeling of independence and greater self-confidence for the pupils. The value of horse riding for pupils has produced excellent results, riding has a therapeutic benefit in both a physical and emotional level. The pupils have responded to the movement of the horse enabling them to become more relaxed and supple, improving balance, posture and co-ordination.



Horse Riding and Equine Therapy

The pupils from Willowbank school attend West Loudoun equestrian centre in Galston weekly for riding lessons, stable management and equine therapy.

Long Term Aims of Riding

- Effective total body management requiring dynamic balance and agility.
- Object management including manipulation, propulsion and control.
- Emotional control including the ability to socialise directly.
- Positive self image.
- Enjoyment of sport.

The movement of the pelvis brought about by the influences in the lumber region and spine encourages control of the trunk and head. When sitting on a horse children have become calm and focused.



Emotional Benefits of horse riding

Riding, as a new and stimulating challenge, often creates a sense of achievement, feelings of independence and greater self-confidence.



Sitting high on a pony and looking downwards towards others can be a new and empowering experience for a child who is a wheelchair user.