

**VOLUNTEERS ARE THE STARS  
OF OUR PROGRAMS**



We always welcome people ready to give their time, energy, and enthusiasm to support our work.

We need the help of more than 100 volunteers a week. No prior experience necessary; we offer Volunteer Orientation sessions.

Whether seeing the warmth of a child's smile or feeling the soft touch of a horse's nose, our volunteers experience as many benefits as our riders.

Opportunities include helping in these areas:

Program	Barn
Events	Fundraising
Office	Facility Maintenance

Apply online:

[specialequestrians.org/volunteers](http://specialequestrians.org/volunteers)

As a nonprofit organization,  
we also rely on contributions:

**Sponsor a Therapy Horse**

**Support our Lesson Programs**

**Support our School Groups**

**For volunteer and donor information,  
see Ways to Give on our website:**

[specialequestrians.org](http://specialequestrians.org)

**Special Equestrians is a PATH (Professional Association of Therapeutic Horsemanship) International Member Center.**

**Our staff includes:**

- Certified PATH Intl. Therapeutic Riding Instructors
- 4 Occupational and Physical Therapists
- Certified Equine Assisted Growth and Learning Association (EAGALA) Instructor
- Licensed Clinical Social Worker
- 15 specially trained therapy horses, including 2 rescue Thoroughbreds
- 100+ Volunteers a week, who logged more than 9,900 hours in 2012



**Special Equestrians**  
**2800 Street Road | PO Box 1001**  
**Warrington, PA 18976**  
**Phone 215-918-1001**  
**Fax 215-918-9080**  
[www.specialequestrians.org](http://www.specialequestrians.org)

*Special Equestrians is a nonprofit 501(c)(3) organization whose mission is to improve the physical, mental and emotional well being of individuals with disabilities through the equine experience. The official registration and financial information of Special Equestrians Inc. may be obtained from the Pennsylvania Department of State by calling toll free within Pennsylvania 1-800-732-0999. Registration does not imply endorsement.*



**Therapeutic Riding Center**

**Offering Equine-Assisted Activities  
and Therapies  
since 1982**



**Hippotherapy**

**Special Equestrians also offers:**

**Therapeutic Riding**

**Silver Saddles**

**REINS for Children with ASD**

**Youth Connections**

## HORSES PROVIDE THE OPPORTUNITY FOR A UNIQUE THERAPEUTIC MODALITY



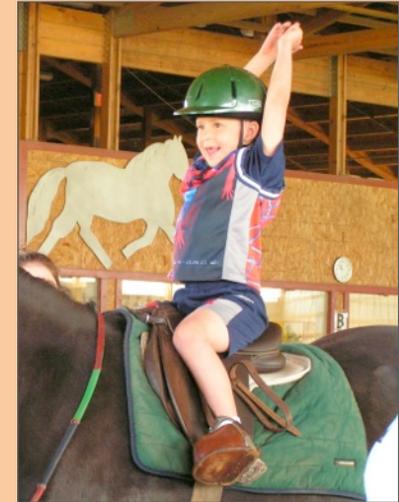
### TREATMENT GOALS

- *Improve posture Increase balance/core control*
- *Increase ROM*
- *Increase attention span*
- *Decrease anxiety*
- *Improve behavior*
- *Increase safety awareness*
- *Normalize tone*
- *Improve speech*
- *Increase attention, sensory processing*
- *Improve functional grasp, crossing midline*
- *Graduate to therapeutic riding as a lifelong program to retain gains and experience lifelong enjoyment in a safe environment*

## HOW EQUINE-ASSISTED THERAPIES WORK

### Horses Heal, Assist, Transform

- Horseback riding gently and rhythmically moves a rider's body in a manner similar to a walking gait. Riders improve strength, balance, posture, flexibility, motor skills, and sensory communication.
- The unique relationship formed with a horse can help in improving interpersonal relationships, while the presence of instructors and volunteers encourages social interaction and trust.
- The independence and confidence that comes through interactions with a horse carry into daily life.
- Horses provide emotional feedback, promoting self-reflection and peer interaction.
- Horses like repetition, tolerate mistakes, and respond to correct cues, which helps improve humans' self-confidence and well being.
- Working with horses promotes concentration, patience, and discipline.



### Hippotherapy

*Hippotherapy is a physical, occupational, or speech-language therapy treatment strategy that utilizes equine movement as part of an integrated intervention program to achieve functional outcomes.*

- The three-dimensional movement of the horse leads to an adaptive response in the rider's pelvis that is similar to the movement patterns of human walking.
- It is the only therapeutic treatment strategy in which we can provide patients with sustained three-dimensional movement.
- The horse's movements provide carefully graded motor and sensory input, which in turn affects core control and posture.
- Changing the horse's gait allows for varying degrees of input.
- Physical Therapists promote functional outcomes in skill areas related to gross motor ability such as sitting, standing, and walking.
- Occupational Therapists promote fine motor control, sensory integration, feeding skills, attentional skills, visual perception and functional daily living skills in a progressively challenging manner.
- Speech-language Pathologists generate effective remediation of communication disorders and promote functional communication outcomes.
- Hippotherapy offers an overlap of all three disciplines in each lesson.