



Therapeutic Riding

Therapeutic Riding involves basic human/horse interactions such as grooming, leading, learning how to saddle a horse and progressing up to riding. With modification, Soldiers with stable upper body, lower body and/or back injuries, behavioral health issues, Post-Traumatic Stress Disorder (PTSD) and/or have sustained Traumatic Brain Injuries can benefit greatly from interaction with horses. Each Soldier's Adaptive Reconditioning (AR) team will screen the Soldier for therapeutic riding. An additional medical clearance from the Nurse Case Manager (NCM) and Primary Care Provider is also recommended. Keep in mind, horseback riding is not the only opportunity Soldiers have at an equestrian area. Soldiers may be able assist in making repairs to the facilities, repairs to farm equipment, mowing the fields, cleaning stalls or many other functions necessary to run an equestrian program. It's been documented that service-members with TBI and/or PTSD enjoy working with an equestrian program as it helps them reduce their anger, depression, anxiety and other symptoms.

Resources provided by:

- Adaptive Reconditioning (AR) team
- Experienced/certified horseman
- Non-Commissioned Officer (NCO)
- Morale, Welfare and Recreation (MWR) programs
- Equine Services for Heroes, Professional Association of Therapeutic Horsemanship (PATH) International (www.pathintl.org) or other local organizations

Each AR team will help coordinate the programs with the MWR and local organizations.

Adaptive Reconditioning resources and Recreational Services may be available through the WCT Community Support Network (CSN) at no cost, or significantly reduced in price. Please refer to our CSN page for more information:

http://www.wct.army.mil/modules/support%20network/c1_adaptivereconditioning.html

Equipment/resources provided:

- All required equipment, including helmets, saddles and leads, is supplied by the facilities

Equipment/resources Soldier brings:

- Athletic sneakers or cowboy boots
- Long pants and long sleeves
- Sunglasses and sunscreen
- Water

Location(s):

- MWR stables
- Local stables/horse clubs certified by PATH International or the North American Riding for the Handicapped Association (NARHA)
- *Costs may be associated (use of stables and horses)