



Benefits of Hippotherapy

The list below includes, but is not limited to, the benefits of hippotherapy.

Physical benefits could include improvements in:

- Balance/equilibrium
- Control of extremities
- Coordination
- Endurance
- Eye-hand coordination
- Fine motor skills such as writing, tying shoelaces, and snipping with scissors
- Gross motor skills such as sitting, standing, and walking
- Head and trunk control
- Postural symmetry
- Mobility
- Motor planning
- Muscle tone and strength
- Range of motion
- Respiratory control
- Transitions
- Trunk/core strength
- Visual motor

Cognitive benefits could include advancements in:

- Attention
- Expressing thoughts and needs
- Self-regulation
- Timing and grading of responses
- Understanding of visual cues
- Visual coordination

Sensory benefits could include positive effects on:

- Body awareness
- Limbic system function related to arousal, motivation, and attention
- Social interaction
- Pressure grading
- Proprioception
- Sensorimotor function
- Sensory integration
- Tactile response
- Vestibular input