



**Occupational or Speech Therapy Referral**

*Hippotherapy*

Name: \_\_\_\_\_ Birthdate: \_\_\_\_\_

Diagnosis: \_\_\_\_\_

Contraindications/Precautions: (Please see list on back)  
\_\_\_\_\_

***Orders & Recommendations:***

I recommend that this client participate in an occupational or speech therapy program with the following therapeutic goals that might include the following as designated during the initial evaluation.

- \_\_\_ further development of head and trunk postural control
- \_\_\_ further development of equilibrium reactions in the trunk
- \_\_\_ mobilization of the pelvis, lumbar spine and hip joints
- \_\_\_ improve dissociation of body parts
- \_\_\_ improve body symmetry
- \_\_\_ improve body awareness
- \_\_\_ improve sensorimotor integration
- \_\_\_ improve proximal stability and/or cocontraction
- \_\_\_ improve vestibular reactions
- \_\_\_ improve eye-hand coordination and/or spatial orientation
- \_\_\_ improve motor planning skills
- \_\_\_ improve timing and rhythm
- \_\_\_ increase language development
- \_\_\_ other (specify) \_\_\_\_\_

Physician's Name: \_\_\_\_\_

Address: \_\_\_\_\_ Telephone: \_\_\_\_\_

Physician's Signature \_\_\_\_\_ Date \_\_\_\_\_

## **HIPPOTHERAPY INDICATIONS:**

1. Cerebral Palsy
2. Developmental Delay
3. Autism/PDD
4. Multiple Sclerosis
5. Cerebrovascular Accident
6. Ataxia
7. Postural Dysfunction
8. Traumatic Brain Injury
9. Sensory Integration Disorders
10. Individuals with learning disorders or emotional disturbances
11. Speech/Language Disorders
12. Other neurological impairments that may show improvement are spina bifida and spinal cord injuries.

## **HIPPOTHERAPY CONTRAINDICATIONS:**

### **Orthopedic:**

1. Coxa Arthrosis (degeneration of the hip joint)
2. Atlanto axial instability
3. Severe osteoporosis
4. Disc protrusion
5. Painful, dislocated hips
6. Spinal fusion or Harrington Rods are a precaution and may require consultation with physician based on length and immobility.
7. Pathological fractures
8. Structural scoliosis greater than 25-30 degrees or excessive kyphosis or lordosis.
9. If the person weighs more than 70 pounds, it is important that they have fair static sitting balance.

### **Medical:**

1. Arthritis when in exacerbated state
2. MS when in exacerbated state
3. Frequent, uncontrolled seizures with full body involvement
4. Anti-coagulant medication
5. CVA – secondary to unclipped aneurysm, or presence of other aneurysms
6. Drug dosages causing physical states inappropriate to riding environment
7. Hemophilia