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Assisted Therapy in Multiple Sclerosis

- Goal:** promote the awareness of the body; stimulate the different pathways of the central nervous system; activate dynamic and static balance mechanisms; promote the maintenance of posture to carry out the action; awareness of breathing.
- Activity** tonic regulation; with the horse's progress, by step, promotes certain imbalances to trigger balance reactions; with the horse's progress, by step, maintain the proper position making the necessary adjustments; with the horse's progress, step by step, draw up a mental map of the manege and then, with eyes closed, identify the various letters along the manege.
- Instruction 1:** as the horse walks, step by step, you should put your arms behind your back. Then the horse performs step-stopped transitions and the adult must maintain his position.
- Instruction 2:** with the horse walking to the right or left, the adult must close his eyes and hold the voltige girth with both hands. Then, you should verbalize the manege letters when you pass each one of them.

When observing the horse, we can say that its gait is similar to that of a human being. On top of the horse, this movement is transferred to the pelvis of the person who is riding, resulting in continuous input to the muscles. This is a large movement during the horse's gait, which allows for greater sensory input through the joints and muscles.

- References:** Barakat, C., & McCluskey, M. (2018). Benefits of therapeutic riding confirmed. *Equus*, (489), 20. Borges-de-Araujo, T., Martins, W.R., Freitas, M.P., Camargos, E., Mota, J., & Safons, M.P. (2019). An exploration of equine-assisted therapy to improve balance, functional capacity, and cognition in older adults with alzheimer's disease: *Journal of Geriatric Physical Therapy*, 42(3), E155-E160. Sergiou, A., Tzoufi, M., Ntzani, E., Varvarousis, D., Beris, A., & Ploumis, A. (2017). Therapeutic effects of horseback riding interventions: A systematic review and metaanalysis. *American Journal of Physical Medicine & Rehabilitation*, 96(10), 717-725.