



### Common Diagnoses Include:

Cerebral Palsy  
Traumatic Brain Injury  
Stroke  
Amputations  
Autism  
Developmental Delay  
Multiple Sclerosis  
Sensory Integrative Dysfunction  
Spinal Cord Injury



San Diego Hippotherapy in Ramona, CA, was founded in 2001. We offer skilled therapy and therapeutic riding services to children and adults with disabilities.

San Diego Hippotherapy is a member center of NARHA, the North American Riding for the Handicapped Association. Therapists and instructors are registered with NARHA.



For more information, please contact  
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# *San Diego Hippotherapy*

## *Equine-Facilitated Therapy*



San Diego Hippotherapy is a non-profit 501(c)(3) program located in Ramona, CA – the Valley of the Sun.

We are dedicated to providing equine-assisted therapies and services to children and adults with disabilities.



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## *Hippotherapy*



Hippotherapy literally means “treatment with the help of the horse,” from the Greek word “hippos” meaning horse.

Hippotherapy is the use of the movement of the horse by licensed occupational, physical, or speech therapists as part of an integrated treatment plan for children and adults with disabilities. Sensory input is provided to the vestibular, tactile, proprioceptive, olfactory, and visual systems. Hippotherapy has been shown to improve muscle tone, balance, coordination, motor development, and cognitive functioning.

## *Horses for Heroes*

San Diego County is honored to provide therapeutic/recreational riding and equine-assisted activities to our wounded service members, including those with amputations, traumatic brain injury, and post-traumatic stress disorder.



Mounted lessons improve muscle tone, strength, balance, and confidence. Dismounted sessions work to build a direct connection with the horse, building trust and communication, and providing an opportunity for emotional release and a sense of accomplishment.

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## *In the Valley of the Sun*



Families of service members make sacrifices every day. Our “In the Valley of the Sun” program provides military children whose parents have been injured in the wars in Iraq or Afghanistan, or those whose parents are currently deployed, the ability to spend a day at the farm. Participants are given instruction in riding, horsemanship, and ranch skills, and get a chance to visit with the farm animals.

