

RideAbility: Student's Medical History and Permission

Date: _____

Name: _____ Date of Birth: _____ Height: _____ Weight: _____

Address: _____

Diagnosis: _____ Date of Onset: _____

Tetanus Shot: No Yes, Date: _____

Seizures? No Yes, Type: _____ Controlled? Date of last seizure _____

Please describe frequency, extent and duration: _____

Shunt present? No Yes: Date of last revision _____

Medications (list all medications): _____

Specific Problem Areas (please indicate disabilities, surgeries or other problems). For each box check Yes or No:

Yes No Comments (details on extent of problem and precautions to take)

Auditory			
Visual			
Tactile sensation			
Speech			
Cardiac			
Circulatory			
Immune System			
Pulmonary			
Neurological			
Muscular			
Balance			
Orthopedic			
Allergies			Allergic to:
Learning Disability			
Cognitive Impairment			
Emotional/Psychological			
Pain			
Other			

Special Precautions (see back for list of precautions): _____

If diagnosis is Down Syndrome: Negative Cervical X-ray for Atlantoaxial Instability, X-ray date _____

AND Negative for clinical symptoms of Atlantoaxial Instability.

Mobility: Independent Ambulation? Yes No Description of special devices: _____

Braces? Yes No Crutches? Yes No Wheelchair? Yes No

To my knowledge the above medical information is complete and accurate. My signature – as parent/guardian or participant – indicates permission for above named student to participate in the RideAbility equine activity program. I understand that activities which include large animal livestock (especially horses) have inherent risk of physical injury and I will help to see that all safety precautions are followed carefully. I give permission for the above medical information to be viewed by RideAbility staff and volunteers as needed.

Name of Parent/Guardian/Participant (please print): _____

Parent/Guardian or participant signature: _____ Date: _____

This patient's health history has been reviewed. To my knowledge, there are no apparent contraindications to participating in an appropriate and supervised equine activity, except as specified on this form or attachments.

Name of Physician (please print): _____

Physician's Signature: _____ Date: _____

A team of people from RideAbility { which may include instructor(s), therapist(s), sidewalker(s), board member(s), parent(s), caregiver(s) or volunteer(s) } have reviewed the above medical information and will use this in implementing an effective equine activity program.

Name of RideAbility representative (please print): _____

RideAbility signature: _____ Date: _____

Information: The following conditions, if present, may represent extra **precautions** for individuals during horseback riding. Therefore when completing this form, please note whether these conditions are present, and to what degree.

Orthopedic:

Atlantoaxial Instabilities- and neurological symptoms
Scoliosis
Kyphosis
Lordosis
Joint Subluxation and Dislocation
Osteoporosis
Pathologic Fractures
Coxas Arthrosis
Heterotopic Ossification/Myositis Ossification
Osteogenesis Imperfecta
Cranial Deficits
Spinal Joint Fusion/Fixation
Spinal Joint Instabilities/Abnormalities
Spinal Orthoses
Internal Spinal Stabilization Devices

Neurologic:

Hydrocephalus/Shunt
Spina Bifida
Tethered Cord
Chiari II Malformation

Hydromyelia
Paralysis due to Spinal Cord Injury
Seizure Disorder

Medical/Surgical/Psychological:

Allergies
Animal abuse
Physical/Emotional/Sexual Abuse
Cancer
Cardiac Condition
Recent Surgery
Diabetes
Peripheral Vascular Disease (PVD)
Hemophilia
Hypertension (Blood pressure control)
Respiratory Compromise
Stroke (Cerebrovascular Accident)
Medical instability
Exacerbations of medical conditions (i.e., RA, MS)

Secondary Concerns:

Age under 2 years, or two - four years
Indwelling catheter/ Medical equipment
Poor Endurance
Skin Breakdown
Behavior problems
Migraines

Therapeutic Horseback Riding: Therapeutic horseback riding has its roots in Scandinavia and in Great Britain. The North American Riding for the Handicapped Association (NARHA) was established in 1969 and currently sets the national safety standards and guidelines for therapeutic horseback riding and other therapeutic equine activities in the United States, Canada and other countries.

What is RideAbility? *RideAbility* began in 1997 with the goal of teaching children with disabilities to ride horses and to gain a sense of confidence and achievement in doing so. *RideAbility* is a volunteer intensive effort that includes the combined efforts of horseowners, horseback riding instructors, physical therapists, occupational therapists and families. Three volunteers are required per rider and help to keep the session safe. One volunteer leads the horse. Two volunteers act as sidewalkers. The sidewalkers walk one on each side of the horse, and they hold on to the student rider with an arm resting across the rider's thigh or trunk to provide support and assist with balance as necessary. The children served have a various range of disabilities including cerebral palsy, spina bifida, pervasive developmental disorder, Down's Syndrome and many more.

What are some benefits of Therapeutic Horseback Riding? Therapeutic horseback riding provides many beneficial experiences for children with disabilities. The gentle and rhythmic pelvic motion of the horse translates up to the rider a pattern of movement in the trunk and pelvic that closely mimics normal human gait. As a result excessive tone is often normalized allowing a greater range of motion in the rider. Many children with tight and spastic muscles are able to tolerate the stretching better on horseback. The normal straddled riding position for example provides a long sustained stretch to the adductors, a muscle group often tight in children with cerebral palsy.

Therapeutic horseback riding also provides a great opportunity for strengthening as well as improving balance reactions. The turning, acceleration, and deceleration of the horse makes the participant learn to weight shift and contract different muscles of the trunk. Balance can be further challenged with reaching, catching and throwing games as well as riding in different positions such as backward-facing. Mounting and dismounting the horse help to strengthen the lower extremities.

Many sensory experiences are also to be had by a participant in therapeutic horseback riding. These experiences include: exposure to new textures as children stroke and help groom the horse; new proprioceptive inputs as a child rides with their hands on the saddle, gripping the reins or hugging the horse; and vestibular inputs as the horse changes directions, speed or the child changes positions on the moving horse.

Safety is our #1 goal:

If you have any questions, please contact our Physical Therapist: Lynne McCutcheon, PT (507-261-0716)