

EQUINE FACILITATED PHYSIOTHERAPY IN EARLY INTERVENTION

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What is Equine Facilitated Physiotherapy in Early Intervention?

It is a part of comprehensive rehabilitation care provided in the Czech Republic to children from 3 months. Toddlers and infants are positioned on a walking equine by a skilled physical or occupational therapist. Positioning is performed according to an actual milestone of the child's psychomotor development. The movement quality is always taken into consideration.



Why do we start with the therapy that early?

We try to utilise the high plasticity of the young CNS as much as possible. A multimodal stimulation attained by equine back movement influences the global postural and locomotor patterns and helps to diminish or prevent the development of any future movement disorders and eventual deformities.



How do we decide if the therapy is necessary?

A well-developed system of psychomotor evaluation allows us to identify infants at risk of any movement disorder. Assessment is based on examining postural activity, 7 tests for postural reactivity, and a set of primitive reflexes that precisely predict the disorder's seriousness.

Which children's conditions can we influence?

In early intervention, the most common conditions we treat are cerebral palsy, central coordination disorder, delayed developmental milestones, different genetic disorders (e.g. Down syndrome, myopathies), or orthopaedic problems. Many children stay without a particular diagnosis for a more extended period. However, we can still provide treatment according to their clinical symptoms, often defined as a hypotonic or hypertonic syndrome. We have outstanding experiences with both.

Czech Equine Facilitated Therapy Association (CEFTA) offers a course in the English language:

Equine Facilitated Physiotherapy (EFPT) applications for Toddlers and Infants, including theoretical and practical parts.

Participants will learn how to:

- assess psycho-motor development and pathophysiology,
- select proper equine movement in accordance with treatment goals,
- apply therapy positions on the equine back and needed corrections
- plan and perform an effective and safe EFPT treatment session



Testimonials:

"First of all I want to thank you for this most interesting course. It has been a real eye opener concerning hippotherapy in toddlers. I really liked the approach you use towards children as well as horses. From what I've seen so far, it is the method that fits most into my own way of thinking. Therefore I am really excited to learn more about your approach."

-Laura
PhysicalTherapist, Belgium

"A fantastic course with lots of interesting theory and useful practise. The tutors were clearly very experienced and able to teach in an understandable and simple way, patiently answering all our questions. And the children....it was lovely to see them improve so much over the 4 days! The 5 month old girl impressed me the most. The effect hippotherapy has on such small babies! I highly recommend this course. It is already changing my practice."

-Irma
PhysicalTherapist, UK

More information at <https://educationinhippotherapy.com>



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