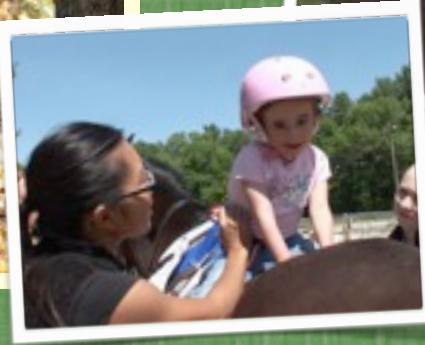


# REINBOW THERAPY



## Hippotherapy at Windrush Farm, Boxford, Massachusetts

### WHAT IS HIPPOThERAPY?

The word "hippos" is the Greek word for horse and the treatment with the assistance of a horse is called hippotherapy. Specially trained medical professionals such as occupational, physical, or speech and language therapists can provide this treatment.



The horse's gait is controlled to provide either variable or rhythmic repetitive movements, which allows the therapist to carefully grade the degree of sensory input

to the client while using other treatment strategies as part of an integrated treatment team to reach functional goals. Clients can be

placed astride the horse in different positions such as sitting or lying forwards or backwards, sideways, or even standing while incorporating specific activities or games to promote a functional outcome.

An example is a child with sensorimotor dysfunction who can benefit from the rhythmical movement along with the warmth provided from the horse to better organize his/her level of alertness in preparation for purposeful physical, cognitive, oral/motor control, speech production, or visual/perceptual activities while on the horse. The horse becomes a highly effective treatment tool to achieve specific functional outcomes.

### WHO CAN PARTICIPATE?

Hippotherapy is used to treat children as young as 18 months to adults with varying disabilities with a physician's clearance. Disabilities include: developmental delays, Sensory Integrative Dysfunction,

Autism, Cerebral Palsy, Learning or Language Disabilities, Traumatic Brain Injuries, Attention Deficit Disorders, Neurological Diseases

For further information

call : (339) 206-0110

e-mail: [rainbowtherapy@yahoo.com](mailto:rainbowtherapy@yahoo.com)

visit: [web.mac.com/rainbowtherapy](http://web.mac.com/rainbowtherapy)

( Multiple Sclerosis), Cerebral Vascular Accident (stroke), Down Syndrome, Muscular Dystrophy, Spina Bifida, emotional disturbances, and visual and hearing impairments.



**Rainbow** stands for:

**Rhythmical Equines Improve Neuromuscular  
Balance and Overall Well-being**



*“ I have always loved working with children and those with special needs have a special place in my heart. I see first hand how the partnerships formed between the horse, child, and team help to achieve therapy goals. This can truly make a difference in their functional daily activities which is the essence of occupational therapy.”*

#### WHAT ARE THE BENEFITS?

Benefits from receiving hippotherapy may include improvement to:

- \*Strength
- \*Postural control
- \*Normalizing muscle tone
- \*Balance responses
- \*Coordination
- \*Flexibility
- \*Gross motor skills
- \*Fine motor skills
- \*Cognitive skills
- \*Sensorimotor function
- \*Functional communication
- \*Limbic system function-arousal, focus, motivation
- \*Confidence, emotional strength, emotional bonding

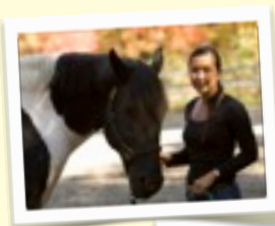
#### WHO PROVIDES HIPPO THERAPY?

To become qualified to provide hippotherapy, it is recommended that therapists participate in American Hippotherapy Association's rigorous certification workshops and mentorships. A treatment session typically consists of the client, the therapist, a horse leader/NARHA (North American Riding for the Handicapped Association), volunteer(s), and a specially trained horse/pony.

## About Monica WU, MS OTR/L

Monica Wu, MS OTR/L received her Masters in Occupational Therapy from Columbia University, New York in 1990 and B.S. in Biology from Trinity College, Hartford, Connecticut in 1987. She has a specialty in pediatrics and is currently working at Minuteman Arc Early Intervention program in Concord, Massachusetts providing traditional occupational therapy services and directing Minuteman's hippotherapy program. She is also the owner and founder of Rainbow Therapy located at Windrush Farm in Boxford, Massachusetts and Liberty Tree Farm in Acton, Massachusetts.

Monica is also a Massachusetts registered riding instructor, a registered NARHA instructor and therapist as well as an American Hippotherapy Association level II therapist.



*Monica with Monty (above) and Smokey (below)*