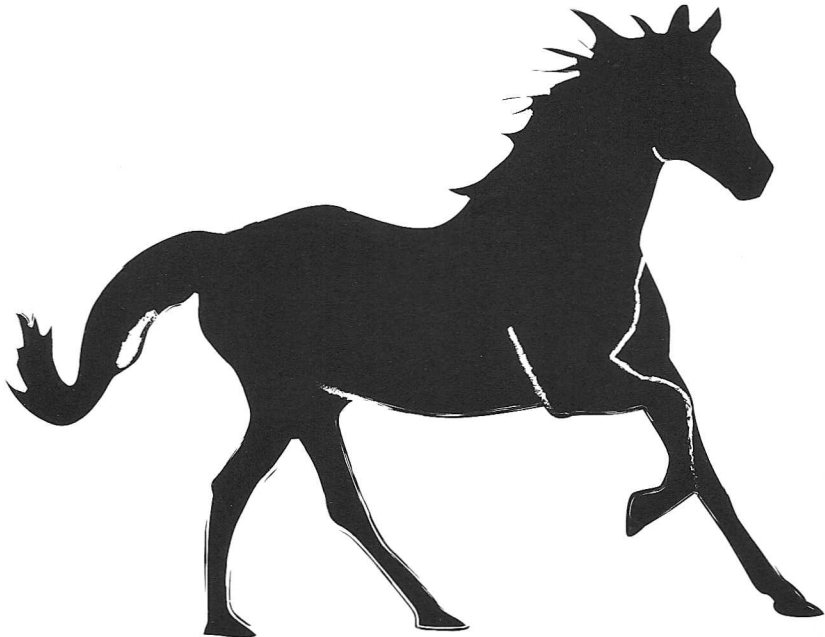


ARTICLE FIVE

A SINGLE CASE STUDY TO EVALUATE THE EFFECT OF THERAPEUTIC HORSE RIDING ON POSTURAL STABILITY OF A SEVENTEEN YEAR OLD YOUNG LADY WITH CEREBRAL PALSY

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ABSTRACT

Objective To analyse the effect of therapeutic horse riding on postural control

Design A case study on a 17-year-old young lady with Cerebral Palsy. Six week riding programme evaluating the effect on the sensory, motor and biomechanical systems using three outcome measures, the Rhomberg, the Timed Up and Go, and the Spinal Alignment and Range of Movement Measure, (SAROMM).

Results Clinically significant change to the Rhomberg and development of symmetry. Timed Up and Go result becoming age matched to that of an able-bodied person. Clinical and statistical improvement to the SAROMM was demonstrated, mainly affected by the change to hip range of movement.

Conclusion Therapeutic riding has demonstrated improvements to the three primary systems involved with postural control. The case study was completed using outcome measures easily reproduced in clinical practice.