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*Providing a unique blend of  
social, physical,  
and emotional  
development through  
therapeutic horseback riding.*

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## **THERAPEUTIC RIDING CLASSIFICATIONS**

There are many different uses of the horse in therapeutic riding. A few of these are:

**SPORT:** Adaptive riding skills are taught; individuals may participate in riding, driving or vaulting as recreation or in competition.

**EDUCATION:** Adaptive equine activities of riding, driving or vaulting are used to achieve cognitive, behavioral, social and physical goals. The horse acts as a motivator to achieve these goals.

**MEDICINE:** With a physician's prescription, a therapist and therapeutic riding instructor use the movement of the horse to influence the rider's posture, balance, mobility and function. No riding skills are taught.



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## **THANK YOU TO OUR SPONSORS**

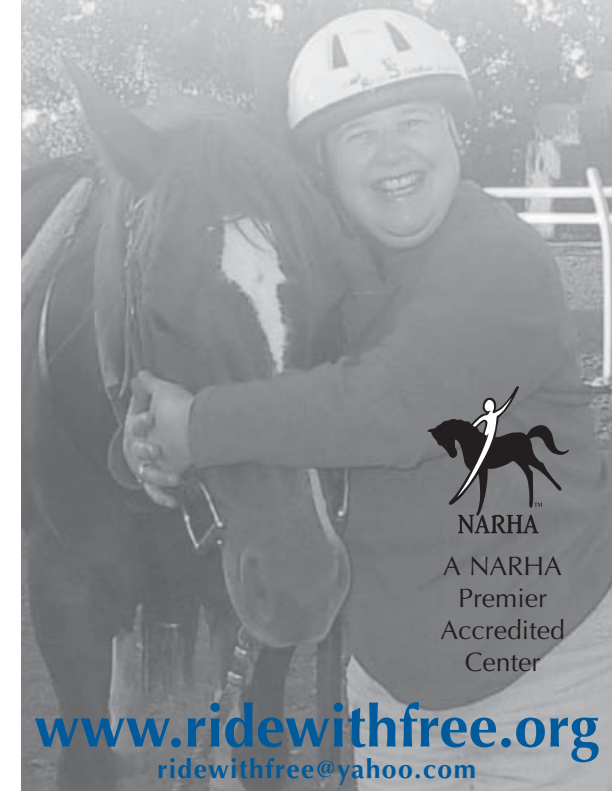
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FRONT RANGE  
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## **THERAPEUTIC RIDING PROGRAM**



[www.ridewithfree.org](http://www.ridewithfree.org)  
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photo courtesy of Michelle Moore

## **BENEFITS OF RIDING THERAPY**

Riding therapy offers many benefits. The movement of the horse at a walk produces movement in the rider's pelvis similar to human walking. In addition, the horse's stride length and cadence is similar to a human's. The horse can produce an uninterrupted, repetitive motion, which makes it a valuable tool for therapists to use in gait training. Among the benefits riders may gain are improvements in:

**MUSCLE STRENGTH**

**POSTURAL ALIGNMENT**

**BALANCE**

**COORDINATION**

**MOTOR PLANNING**

**HEAD AND TRUNK CONTROL**

**PERCEPTUAL AWARENESS**

**SPEECH**

**SENSORY INTEGRATION**

**FINE AND VISUAL MOTOR SKILLS**

**SOCIALIZATION AND SELF-ESTEEM**

**IN ADDITION, RIDING HORSES IS FUN!**

## **HISTORY**

Front Range Exceptional Equestrians started operations in 1983 as the "Let's Ride" program. In 1987, the program changed its name and became a non-profit corporation when it attained 501(c)3 status. Each year the program serves approximately 60 individual riders. Fifty percent of these clients have a cognitive delay. Approximately 35% of our clients have more than one disability. More than half of our clients are over the age of 18, although clients range in age from 3 to 65+ years old. Front Range Exceptional Equestrians receives the help of over 100 volunteers who contribute more than 1200 hours to the program each year. Front Range Exceptional Equestrians is a Premier Accredited Center of NARHA, North American Riding for the Handicapped. The instructors are certified therapeutic riding instructors and attend yearly training. The staff currently includes 3 therapeutic riding instructors, an occupational therapist, and 13 horses.

Classes are available at Legacy Stables in their indoor and outdoor arenas on Monday evenings, April 1 - October 1 each year. Classes are also available on Thursday and Wednesday evenings at the CSU Equine Center from March - November.



photo courtesy of Michelle Moore

## **OPPORTUNITIES FOR VOLUNTEERS**

There are many opportunities for volunteering in our program.

Volunteers are used to help riders participate in classes, groom and tack horses, assist on a committee such as fund raising, special events, long range planning, take pictures at classes and events, help with the newsletter and many other tasks! Knowledge of horses or disabilities is not required. All volunteers must be 14 to volunteer in classes. Training is provided.

For more information about volunteering with Front Range Exceptional Equestrians therapeutic riding program, please write or call:

Front Range Exceptional Equestrians  
PO Box 272452  
Fort Collins, CO 80527  
(970) 221-0646  
[www.ridewithfree.org](http://www.ridewithfree.org)  
[ridewithfree@yahoo.com](mailto:ridewithfree@yahoo.com)



photo courtesy of Michelle Moore

***Thank you to all  
of our volunteers for  
helping FREE  
help others!***