

# Equine Rehabilitation Of Central Texas

## People and Horses Helping Each Other

# ERCT



## Now Enrolling for Fall -- Equine Assisted Therapies

**Therapeutic riding uses equine-oriented activities for the purpose of contributing positively to the cognitive, physical, emotional and social well-being of people with disabilities.**

*Sophie, age 7, is developmentally delayed. When she started therapeutic riding she had limited attention span, poor physical coordination and limited verbal skills. She now has a much smoother walk, improved fine motor skills and better overall coordination. Riding enhances her cognitive abilities and motor skills. Sophie's self-esteem has improved along with her general motivation. Her therapists are impressed with her enthusiasm and increased verbalization when she talks about riding.*

*David, age 13, is diagnosed with autism and intellectual disability. Before he began therapeutic riding, he would not touch his horse, hold the reins or speak. He has now learned to sit on the horse, hold the reins, use his legs to direct the horse and say "walk on" and "whoa."*

The physical and emotional benefits of horseback riding have been known for several hundred years. The movement of the horse provides sensory stimulation to the body and brain of the rider that affects a variety of muscle groups. And there is a benefit that is more difficult to measure but is easy to see. With increased confidence, there is a sense of control and freedom that comes from making that large animal respond to the rider's direction. This "invisible" benefit allows the rider to experience a sense of accomplishment and reward.

Our Extraordinary Team:

Lisa Rivers, the Program Director, PATH I.T., has more than 25 years experience with people with disabilities and families, innovative program development, teaching special education and nonprofit management of disability organizations.

Debbie Downing, Clarissa Correa, PATH instructors with more than 10 years of combined experience.

Contact [lisarivers302@gmail.com](mailto:lisarivers302@gmail.com) or 512-484-8480 for a tour or more information.

Trial Riding and horsemanship lessons available for small groups for \$20 per rider.

[www.facebook.com/equinerehabilitationofcentraltexas](http://www.facebook.com/equinerehabilitationofcentraltexas)

Horse and riding facility is at 17000 Trails End Cove, Leander, Texas 78641

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[lisarivers302@gmail.com](mailto:lisarivers302@gmail.com) \* a 501C3 charitable organizations

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