

THERAPEUTIC RIDING

Anyone who has ridden a horse might have already discovered that a horse can be a better therapist than a psychologist or physical therapist. Their instincts for nurturing, quiet understanding, and natural rhythmic gait are healing to mind, body and soul.

WHY HORSEBACK?

The horse presents a unique modality for treating individuals with conditions ranging from autism to cerebral palsy and spina bifida, to name just a few. Movement and pacing of the horse simulate the human gait. The girth of the horse eases spasticity, while the motion increases balance and coordination. Using stirrups and reins increases muscle strength and the horse's warmth relaxes knotted muscles. Sitting high astride a horse in a safe and secure setting gives a sense of freedom and control never before experienced by someone who has only seen the world from a wheelchair. The natural rhythm of the horse's gait simulates a normal walking experience for someone who has never walked without artificial aids.

A horse's non-judgmental friendship and obedience fosters a heightened sense of confidence, self-esteem, and independence. Physical therapists state they can achieve more in one session of riding than in a week of clinical therapy. The proof is in the improved posture, increased head and body control, and increased well-being.

WHAT ARE THE BENEFITS?

Participants who cannot easily adapt to everyday situations experience positive emotional behaviors, self-esteem and social interactions. Riding instills a sense of accomplishment and responsibility in people with disabilities while promoting overall well-being in a safe, educational and fun environment.

WHAT IS STRIDE?

STRIDE is a non-profit organization composed of professionals, parents and concerned citizens, formed to provide therapeutic riding opportunities in Southcentral Alaska. Our goal is to make each student as independent as possible. Currently, the program consists of two, four-week sessions, accommodating up to 16 riders per session. With your active support we can expand the program.

WHY STRIDE?

Our instructors are certified by the North American Riding/or the Handicapped Association (NAHRA), and have years of experience in therapeutic riding. STRIDE instructors consult with licensed medical providers to insure safety and maximum therapeutic value for each participant.

HOW CAN YOU HELP?

Your contributions are needed in many ways. Three volunteers are needed for every rider to help lead the horse and ensure the rider's safety. Monetary contributions are used to purchase equipment and helmets, or you can sponsor a rider who cannot afford the nominal fee. A corporate donor can support a horse! With your active support, we are working to expand this program year around in an indoor facility. Your help will allow our riders to STRIDE into the future!

Helping exceptional Alaskans discover new abilities and achieve new heights since 1995. Instructors certified by North American Riding/or the Handicapped, NARHA. NARHA is committed to safe, ethical and professional equine assisted therapy.

Yes, I would like to help. I have enclosed my contribution of \$ ____ to help STRIDE realize its goals.

(Please make checks payable to STRIDE)

Name: _____

Address: _____

Daytime Ph: _____

Evening Ph: _____

Email: _____

*Tax Exempt ID #92-0153292

Thank you!

I am interested in:

- Volunteering
- Sponsoring a Rider
- Sponsoring a Horse
- Donating Equipment
- Additional Information

STRIDE

PO Box 671828

Chugiak, AI(99567

Message Phone (907) 929-7876

Email: info@stridealaska.org



STRIDE

F.A.Q's

*HELPING EXCEPTIONAL ALASKANS DISCOVER
NEW ABILITIES AND ACHIEVE NEW HEIGHTS
SINCE 1995.*

*INSTRUCTORS CERTIFIED BY
NORTH AMERICAN RIDING/OR THE
HANDICAPPED, NARHA.
NARHA IS COMMITTED TO SAFE, ETHICAL AND
PROFESSIONAL EQUINE ASSISTED THERAPY.*