Lindzie Vaith

Mss Strobel

Miss Heckenliable

Rachel Schaffers

20 April 2015

**Overview**

**Title of the Research Paper:** Therapeutic Riding & Hippotherapy

**Research Paper Synopsis:**

The first part of my research paper focus on the two different types of therapy there are for children and adults with disabilities. But it is not your everyday therapy; these therapies are spent in a barn or outside riding and caring for horses. Secondly, it explains how the horses movements help improve the patients balance, coordination, muscles, and many other things. Lastly, it tells how all the volunteers are used for the lessons and the different positions there are.

**Physical Product Description**

For my project I volunteered at HorsePower which is located right outside of Sioux Falls. HorsePower is a nonprofit organization that practices both therapeutic riding and hippotherapy with their patients of all ages. Before you are allowed to volunteer, you have to go through training. I participated in doing this on September 25th for about two hours. When I volunteered, I took part in many different activities including leading, sidewalking, cleaning tack, bathing horses, and graining horses. I also got the opportunity to get to know a few of the riders. They are all so fun and full of life its great seeing that as a companion.

**Relationship between the Paper and the Physical Product**

My paper explains what therapeutic riding and hippotherapy are; it discusses the difference between the two, the different exercises used with both of them, and the different disabilities they are used to help. My product was doing hands on activities with children and adults with disabilities during their therapeutic riding and hippotherapy lessons.

**Background Experience in the Area**

The only background experience I had in this area was working with horses. I had never heard of anything thing like this until I was researching a topic for my research paper. I have been around a few people with disabilities but only a couple of times and not for very long.

**Special things the judges should know about the Senior Project**

I chose this topic because I am very interested in horses and helping others. I never knew that horses could be such a big help in people lives by improving coordination, balance, and verbal communication. I chose this topic because I love working with horses; learning new things about them fascinates me and while doing this I got to help others.