

American Hippotherapy Association, Inc.



AHA, INC. BIBLIOGRAPHY AND REFERENCE LIST

The following is a list of published articles describing the use of hippotherapy in medical treatment by healthcare professionals. Some of the articles describe the incorporation of equine-assisted activities (EAA) and/or equine-assisted therapies (EAT). [Hippotherapy](#) is one strategy/tool that is implemented by licensed occupational therapy, physical therapy, and speech-language pathology professionals and falls under the EAT umbrella. However, many older publications use EAA and EAT terms in an interchangeable manner, such as *hippotherapy* and *riding therapy*. Publications outside the United States may use terminology that is not consistent with the [AHA, Inc. terminology](#). Thoughtful consideration should be taken when reviewing and interpreting the information provided.

LITERATURE & SYSTEMATIC REVIEWS

According to the Cochrane Consumer Network, “A systematic review summarizes the results of available carefully designed healthcare studies (controlled trials) and provides a high level of evidence on the effectiveness of healthcare interventions. Judgments may be made about the evidence and inform recommendations for healthcare. These reviews are complicated and depend largely on what clinical trials are available, the quality of the methodology, and the health outcomes that were measured. Review authors pool numerical data about effects of the treatment through a process called meta-analyses. Then authors assess the evidence for any benefits or harms from those treatments. In this way, systematic reviews are able to summarize the existing clinical research on a topic.” ([The Cochrane Collaboration, 2017](#)).

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- Sterba, J.A. (2007). Does horseback riding therapy or therapist-directed hippotherapy rehabilitate children with cerebral palsy? *Developmental Medicine and Child Neurology*, 49(1), 68–73. <http://doi.org/10.1017/S0012162207000175.x>
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Whalen, N.C., & Case-Smith, J. (2012). Therapeutic effects of horseback riding therapy on gross motor function in children with cerebral palsy: A systematic review. *Physical & Occupational Therapy in Pediatrics*, 32(3), 229–242. <https://doi.org/10.3109/01942638.2011.619251>

Zadnikar, M., & Kastrin, A. (2011). Effects of hippotherapy and therapeutic horseback riding on postural control or balance in children with cerebral palsy: A meta-analysis. *Developmental Medicine and Child Neurology*, 53(8), 684–691. <https://doi.org/10.1111/j.1469-8749.2011.03951.x>

PEER-REVIEWED RESEARCH PAPERS

This section includes articles that use scientific research and inquiry methods that include more than one research participant.

Ajzenman H.F., Standeven, J.W., & Shurtleff, T.L. (2013). Effects of hippotherapy on motor control, adaptive behaviors, and participation in children with autism spectrum disorder: A pilot study. *American Journal of Occupational Therapy*, 67(6), 653–663. <https://doi.org/10.5014/ajot.2013.008383>

Alemдарođlu, E., et al. (2016). Horseback riding therapy in addition to conventional rehabilitation program decreases spasticity in children with cerebral palsy: A small sample study. *Complementary Therapies in Clinical Practice*, 23, 26–29. <http://dx.doi.org/10.1016/j.ctcp.2016.02.002>

Barolin, G.S., & Samborski R. (1991). The horse as an aid in therapy. *Wiener Medizinische Wochenschrift*, 141(20), 476–481. PMID: 1763515

Beetz, A., Winkler, N., Julius, H., Uvnäs-Moberg, K., & Kotrschal, K. (2015). A comparison of equine-assisted intervention and conventional play-based early intervention for mother–child dyads with insecure attachment. *Journal of Occupational Therapy, Schools, & Early Intervention*, 8(1), 17–39. <https://doi.org/10.1080/19411243.2015.1026017>

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Chang, H.J., Kwon, J.Y., Lee, J.Y., & Kim, Y.H. (2012). The effects of hippotherapy on the motor function of children with spastic bilateral cerebral palsy. *Journal of Physical Therapy Science*, 24(12), 1277–1280. <http://doi.org/10.1589/jpts.24.1277>

Cook, R. (2011). Human incidents and injury within the hippotherapy milieu: Four years of safety study data of risk, risk management, and occurrences definition of hippotherapy. *Scientific and Educational Journal of Therapeutic Riding*, 57–66.

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PEER-REVIEWED CASE STUDIES

This section includes articles that are single case studies (i.e., one participant). These articles are more difficult to generalize to large populations, but provide useful information and were conducted in a scientific manner.

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