



"Treatment with the help of the horse"

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AHA, Inc. Terminology Guidelines

As the professional organization for therapists who incorporate equine movement in treatment, the AHA, Inc. abides by the following list of terms to be used when describing human-horse interactions in relation to human services. It is essential that terminology, as outlined, be used to promote clarity, consistency, and transparency in settings including marketing, research, and clinical documentation, resulting in improved quality of communication, better consumer protection and expanded professionalism. This list contains both Recommended Terminology and Cautionary Terminology sections.

AHA, Inc Terminology Guidelines - Recommended Terminology

ADAPTIVE RIDING (AR): Horseback riding lessons for individuals with special needs. Taught by experienced instructors who have received specialized training and are often certified to work with students with disabilities. These instructors adapt their teaching style, the environment and/or equipment to facilitate acquisition of riding skills and participation in an enjoyable activity. Opportunities are available to participate in competitive equestrian events, recreation and leisure, education, socialization, and/or fitness. Certification in teaching riding lessons for individuals with special needs may be obtained through organizations such as PATH Intl., Certified Horsemanship Association (CHA), the Canadian Therapeutic Riding Association (CANTRA) or Riding for the Disabled (RDA).

'Adaptive Riding' is synonymous with 'Therapeutic Riding'. AHA, Inc. recommends use of the term 'Adaptive Riding' to replace 'Therapeutic Riding' because it is more accurate and is consistent with other activities and sports for individuals with disabilities. 'Therapeutic Riding' is often confused with 'Therapy', whereas 'Adaptive Riding' is easier to distinguish.

AHCB: The American Hippotherapy Certification Board (AHCB) is an independent Board made up of Hippotherapy Clinical Specialists® who oversee the certification, re-certification and record keeping for AHCB Certified professionals and Hippotherapy Clinical Specialists®.¹

AHCB CERTIFIED: A licensed therapy professional (OT, COTA, PT, PTA, SLP or SLPA) who demonstrates an entry level of competency when incorporating hippotherapy into treatment. Certification requires meeting pre-requisite qualifications including attendance at the AHA, Inc Hippotherapy Treatment Principles courses Parts I and II and successful completion of the national board written exam. Recertification is required every five years.¹ See also 'Hippotherapy Clinical Specialist®'.

AMERICAN OCCUPATIONAL THERAPY ASSOCIATION (AOTA): The therapy organization for occupational therapy professionals in the US that advises therapists on Best Practice, maintains Standards of Practice and Code of Ethics, establishes professional training accreditation, and lobbies in the healthcare field.² (AOTA.org)

AMERICAN PHYSICAL THERAPY ASSOCIATION (APTA): The therapy organization for physical therapy professionals in the US that advises therapists on Best Practice, maintains Standards of Practice and Code of Ethics, establishes professional training accreditation, and lobbies in the healthcare field.³ (APTA.org)

AMERICAN SPEECH AND HEARING ASSOCIATION (ASHA): The American Speech-Language-Hearing Association is committed to ensuring that all people with speech, language, and/or hearing disorders receive services to help them communicate effectively. ASHA is the therapy organization for speech-language pathologists, speech therapists, audiologists and other professionals in the US addressing speech, language or hearing impairments. ASHA advises therapists on Best Practice, maintains Standards of Practice and Code of Ethics, establishes professional training accreditation, and lobbies in the healthcare field.⁴ (ASHA.org)

BEST PRACTICE: Statements of best practice reflect a technique, methodology, or benchmark which, through experience and research, has been shown to reliably lead to a desired result and that is established or proposed as a suitable standard. They are a set of guidelines, ethics and ideas that represent the most efficient or prudent course of action. While best practices generally indicate the recommended course of action, they may also be required. The AHA, Inc. issued a Best Practice for Hippotherapy document in December of 2015.⁵

CENTER: Operationally defined as a structured organization that provides activities or therapies.

CENTER FOR MEDICAID AND MEDICARE SERVICES (CMS): A part of the Department of Health and Human Services (DHHS), the Center for Medicaid and Medicare Services (CMS) is a government agency that, among other tasks, monitors and regulates health care services in the US, including safe practice, billing, and confidentiality issues (HIPAA). Regulations established by CMS generally set the standard for what private insurance carriers will do.⁶

DIAGNOSTIC AND STATISTICAL MANUAL OF MENTAL DISORDERS (DSM): The Diagnostic and Statistical Manual defines and classifies mental disorders in order to improve diagnosis, treatment, and research. The current version is the DSM-5.⁷

EDUCATOR: A teacher or learning professional who provides education or instruction to others.

EQUINE/HORSE: A general description inclusive of horses, ponies, miniatures, mules or donkeys.

EQUINE ASSISTED ACTIVITIES OR THERAPIES (EAA/T): A grouping of, at least, two applications of horse-human connections. Though both types (activities or therapies) may occur at a facility, they are mutually exclusive in practical terms. The horse and equine environment is the commonality, however, activities or therapies are provided by different professionals with different goals and outcomes for the participant/patient. This term is only used when describing both activities

and therapies, otherwise Equine Assisted Activities (EAA) or Equine Assisted Therapies (EAT) should be used (see separate entries for 'EAA' or 'EAT'). Suggested usage is 'Equine Assisted Activities or Therapies' rather than 'and Therapies'. For example, 'Ride On is a center that provides Equine Assisted Activities or Therapies (EAA/T) for children and adults.'

EAA and EAT are not the same, and when combined under one term, such as EAA/T or as one acronym (EAAT), it potentially leads to misrepresentation of the scope of services provided and/or outcome expectations for consumers.

EQUINE ASSISTED ACTIVITIES (EAA): Activities within an equine environment, mounted or unmounted, where the focus is skill attainment, education, recreation, sport, and/or leisure. The instructor or facilitator is specifically trained to adapt the experience based on participant needs, or to assist learning that involves the participant's lived experiences. Examples of activities may include: equine assisted learning (EAL), adaptive riding (AR), adaptive driving, interactive vaulting, horsemanship, stable management, equestrian competition, parades, or demonstrations.

EQUINE ASSISTED LEARNING (EAL): Experiential learning approach that promotes the development of life skills for educational, professional and/or personal goals through interaction with horses. There currently exists a wide range of applications of EAL including who provides it (e.g. life coaches, teachers) and what the focus is (e.g. self-esteem, relationship building, team work, academic skills).

EQUINE ASSISTED MENTAL HEALTH (EAMH): An umbrella term that refers to services delivered by mental health professionals that include horses and the equine environment to enhance clinical assessment and treatment related to the client's treatment goals, and within the professional's training and scope of practice. These licensed mental health professionals may be clinical psychologists, professional counselors, clinical social workers, marriage and family therapists, psychiatric-mental health advanced practice registered nurses, or psychiatrists.

EQUINE ASSISTED PSYCHOTHERAPY (EAP): The term equine-assisted psychotherapy refers to how licensed/credentialed mental health professionals include horses and the equine environment to enhance clinical assessment and treatment related to the client's treatment goals, and within the professional's training and scope of practice. AHA Inc. recommends use of assisted instead of facilitated when referring to these services. See 'Equine Assisted Mental Health'.

EQUINE ASSISTED THERAPIES (EAT): An umbrella term used to describe a group of therapies provided by licensed healthcare professionals who include horses and/or equine interactions as a treatment tool/strategy. When referring to therapy including horses, it is advised that therapists specify the professional license that they are working under (i.e. physical therapy, occupational therapy, speech language pathology, or mental health/psychotherapy) and utilize a term that leads with the professional service being provided.

Caution is advised when using this term. EAT is not a stand-alone therapy. Use of EAT as a stand-alone term can have legal and ethical implications. The type of therapy being provided should always be made clear.

EQUINE PROFESSIONAL: Operationally defined for the Equine Professional working in hippotherapy as a formally trained individual whose job description may include training and conditioning of hippotherapy horses, handling during a treatment session, training of horse handlers, and ensuring safety and optimal performance of the horse within a treatment session.¹⁶

EVIDENCE BASED PRACTICE (EBP): The integration of peer reviewed research evidence with practitioner expertise and client preferences and values into the process of making clinical decisions.⁸

FUNCTIONAL OUTCOME: Progress towards/achievement of the patient's goals in therapy that result in improved function in the patient's chosen environment. Essentially reducing the Participation Restriction identified by the patient as the reason for pursuing Occupational, Physical or Speech-Language Therapy services. Functional/Treatment outcomes should be patient driven, facilitated by a licensed therapist, and will usually result in an increased level of independence, capability and/or satisfaction.

HABILITATION: Healthcare services such as OT, PT or SLP that help an individual acquire, keep, learn or improve skills and functioning for communication and daily living.⁹

HIPPOTHERAPY (HPOT): The term hippotherapy refers to how occupational therapy, physical therapy and speech-language pathology professionals use evidence-based practice and clinical reasoning in the purposeful manipulation of equine movement as a therapy tool to engage sensory, neuromotor and cognitive systems to promote functional outcomes.

Best practice dictates that occupational therapy, physical therapy and speech-language pathology professionals integrate hippotherapy into the patient's plan of care, along with other therapy tools and/or strategies.⁵

Hippotherapy exists within a medical model of treatment, in which the equine movement is a treatment tool/strategy applied by the therapist.

IDENTIFICATION OF HIPPOOTHERAPY IN REIMBURSEMENT:

The American Medical Association CPT Coding Manual (Current Procedural Terminology, 2018) guides the medical billing process. All tools/strategies, such as Hippotherapy, that are used by therapists are part of their clinical protocols and fall under the designation of Therapeutic Procedures within the HCPCS Level I CPT coding system. Elements of equine interaction, equine movement, or the equine environment can be considered treatment tools and/or treatment strategies and may be utilized within an overall treatment plan.

Tools/strategies do not have their own CPT billing codes.

TREATMENT TOOL - An object or element that can be manipulated to achieve specific goals.

TREATMENT STRATEGY - A plan of action or technique, selected by a therapist based on specific principles. Strategies and/or treatment techniques may be learned in professional education programs or may be sought out by the healthcare professional as continuing education or by mentorship as advanced practice.

THERAPEUTIC PROCEDURE - A manner of effecting change through the application of clinical skills and/or services by a physician or other qualified healthcare professional (i.e. licensed therapist).¹¹ Therapeutic procedures are used to diagnose, treat, or restore function and include physical rehabilitation procedures. Such procedures are billed for using existing Current Procedural Terminology (CPT) codes such as Therapeutic Exercise (97110), Therapeutic Activities (97530), or Treatment of speech, language, voice, communication and/or auditory processing disorder (92507). The Therapeutic Procedure a therapist provides typically consists of the application of many possible techniques, approaches, tools or strategies.

Hippotherapy is not a therapeutic procedure.

MODALITY - Any physical agent applied to produce therapeutic changes to biologic tissue: includes but not limited to thermal, acoustic, light, mechanical or electric energy.¹¹

Hippotherapy does NOT meet the definition of a modality and should not be referred to as such.

HIPPOTHERAPY CLINICAL SPECIALIST® (HPCS): An experienced, licensed therapist (OT, PT, SLP) who demonstrates an advanced level of knowledge and reasoning in using equine movement in treatment. Certification requires experiential pre-requisites and successful completion of the national board written examination. Recertification is required every five years.¹

HIPPOTHERAPY HORSE / THERAPY HORSE: A horse that has been selected, conditioned, and trained to be included in the delivery of therapy. Characteristics include but are not limited to: excellent quality of movement that is symmetrical, rhythmic, supple, straight, adjustable, and with self-carriage. A horse working in hippotherapy must be sound and well-conditioned to the task which usually will consist of moving in a frame with handling from the ground (leading or long lining), with an elevated top line, ability to vary impulsion, halt squarely and stand calmly during transitions on and off and during treatment. The hippotherapy horse is able to discern between the communication from the handler and the patient on their back, and is tolerant of a variety of people around, sounds, sights and experiences without significant reaction.¹⁶

The term 'hippotherapy horse/therapy horse' is only applicable to horses included within treatment sessions. See School horse/lesson horse/adaptive riding horse.

HORSE HANDLER: Indicates the individual preparing and handling the horse prior to, during and following a treatment session. They respond to directions by the therapist to alter the movement of the hippotherapy horse to cause a response in the patient during a therapy session. They are responsible for monitoring the safety and well-being of the horse at all times.

INTERNATIONAL CLASSIFICATION OF FUNCTIONING, DISABILITY AND HEALTH (ICF): The ICF is a framework developed by the World Health Organization (WHO) for describing and organizing information on function and disability. It provides a standard language and a conceptual basis for the definition and measurement of health and disability for all people. The ICF Framework identifies

an individual's health status, activity and participation levels, along with environmental and personal factors to help guide therapists in developing goals and treatment that is patient centered.¹²

MENTAL HEALTH PROFESSIONAL: A licensed/credentialed healthcare practitioner who offers services such as psychotherapy and counseling for the purpose of treating mental health disorders and improving a person's mental health. These licensed/credentialed professionals may be clinical psychologists, professional counselors, clinical social workers, marriage and family therapists, psychiatric-mental health advanced practice registered nurses, or psychiatrists.

OCCUPATIONAL THERAPIST (OT): Occupational therapy is a skilled service provided by a licensed Occupational Therapist aimed at enabling people of all ages to live life to its fullest. A full life means engagement in the activities that a person wants and needs to do, no matter what injury, illness, condition, disability, lifestyle, or environment stands in the way. Occupational therapy services typically include customized treatment programs to improve one's ability to perform daily activities, comprehensive home and job site evaluations with adaptation recommendations, performance skills assessments and treatment, adaptive equipment recommendations and usage training, and guidance to family members and caregivers.² There are educational degrees obtained by Occupational Therapists that are used in conjunction with the state licensure designation of OT, such as the MOT (masters) or OTD (doctorate).

OCCUPATIONAL THERAPY ASSISTANT (OTA)/ CERTIFIED OCCUPATIONAL THERAPY ASSISTANT (COTA): Occupational therapy assistants help patients develop, recover, and improve the skills needed for daily living and working under the direction of licensed occupational therapists.² The OTA/COTA is licensed by a State Board.

PARTICIPANT:

- 1- An individual participating in an activity, sport, or event.
- 2- An individual who participates in a research project. Although the term 'subject' is used in some venues, participant is the preferred term.

PATH Intl. INSTRUCTOR: An instructor who has earned a recognition from PATH Intl. at the registered, advanced, or master level, or in a specialty area such as carriage driving or interactive vaulting.¹³

PATH Intl. REGISTERED THERAPIST: A designation for an occupational therapy, physical therapy or speech language pathology professional who has completed several actions, including: completion of AHA, Inc Hippotherapy Treatment Principles courses Parts I and II, 20 hours of supervised practice which includes hippotherapy, and membership in PATH Intl., OR who holds an AHCB credential, is a PATH Intl member, has completed an exam about PATH Intl. Standards, and has applied for PATH Intl Registered Therapist status.¹⁴

PATIENT/CLIENT: A recipient of healthcare services. There will be varied usage depending on the provider's discipline and setting. Use of terminology related to persons with functional limitations will follow the common usage by the World Health Organization (WHO) that is 'people first, disability or diagnosis second'. Preferred statement: 'patient with cerebral palsy (CP).' Incorrect: 'Cerebral Palsy (CP) patient.'

PHYSICAL THERAPY (PT)/PHYSIOTHERAPY; PHYSICAL THERAPIST (PT)/

PHYSIOTHERAPIST: Physical Therapy is a skilled service provided by a licensed Physical Therapist to promote mobility and movement for people of all ages and all levels of function. Physical therapy services typically include customized treatment programs to improve one's ability to be mobile, whether crawling, walking, running, or pursuing athletic activities, the goal is to achieve optimal independence in the patient's chosen environment, in the most efficient and pain free means possible. The Physical Therapist may use handling skills, targeted strengthening, balance skills, sensory adaptation, adaptive equipment, treatment tools, modalities, modified environments and/or patient/caregiver education to decrease the activity or participation restriction identified by the patient.³

PT is the state designation for physical therapists and only a state licensed physical therapist may use these credentials. There are educational degrees obtained by physical therapists that are used in conjunction with the state licensure designation of PT, such as the DPT (doctorate) or MPT (masters). The term physiotherapist is more commonly used in Canada, Great Britain and other countries.

PHYSICAL THERAPIST ASSISTANT (PTA): Physical therapist assistants provide physical therapy services under the direction and supervision of a licensed physical therapist.³ In most states, the PTA is licensed by a State Board.

PRACTICE: The exercise of a profession in which knowledge, skill and professional judgment is applied to benefit clients/patients. It also may include the organizational body supporting the practice.

REHABILITATION: Healthcare services such as OT, PT and SLP that help an individual prevent, improve, restore, or replace lost, underdeveloped or deteriorating levels of function in communication and daily living.¹⁵

SCOPE OF PRACTICE: Describes the procedures, actions, and processes that a healthcare practitioner is permitted to undertake in keeping with the terms of their professional license. There are 3 components: professional, jurisdictional and personal. The scope of practice is limited to that which the law allows for specific education and experience, and specific demonstrated competency. Each jurisdiction has laws, licensing bodies, and regulations that describe requirements for education and training, and define scope of practice.¹⁶

SCOPE OF COMPETENCE: Areas of practice, within a professional's Scope of Practice, that the individual is considered competent to utilize. May require additional or updated training, mentorship, or experience to develop a level of skill considered competent. A certification may provide validation of that competence. For example, a PT, OT or SLP may legally include hippotherapy during patient treatment when working within their Scope of Practice, however, because there is no training in hippotherapy during a professional training program, that therapist must undertake continuing education or other additional training and/or certification to show a Scope of Competence for the use of hippotherapy in practice.

SCHOOL HORSE/LESSON HORSE/ADAPTIVE RIDING HORSE: A horse that has been conditioned and trained for lessons in a variety of equine disciplines. Lesson horses must be sound and well-conditioned to the tasks asked of them. The horse in adaptive riding lessons may carry riders with a wide range of sizes, impairments, and/or behaviors. The horse may need to be able to discern

between the communication from a handler (if present) and the rider on their back and is tolerant of having a variety of people around, sounds, sights and experiences without significant reaction.

SERVICE/THERAPY SERVICE: Therapy services are skilled habilitative and/or rehabilitative services (such as occupational therapy, physical therapy, and speech-language pathology) provided according to the standards and conditions of state boards of practice or Centers for Medicare and Medicaid Services (CMS) and within the scope of practice of the qualified licensed healthcare professional.

SIDEWALKER: A sidewalker follows the directions of a riding instructor or therapist in maintaining the safety of the individual on or off the horse during a riding lesson or a treatment session. This non-licensed individual may be paid staff or a volunteer. They are trained in and adhere to regulations regarding confidentiality and safety. Also referred to as a side helper or, when assisting during treatment, a therapy aide.

SPEECH-LANGUAGE PATHOLOGY (SLP)/ SPEECH-LANGUAGE PATHOLOGIST (SLP): Speech-Language Pathology is the service that a licensed Speech Language Pathologist provides to ensure that all people with speech, language and/or hearing disorders can communicate effectively. The speech-language pathologist is a medical professional who works to prevent, assess, diagnose and treat speech, language, social, cognitive, communication and swallowing disorders for people of all ages. They may use a variety of tools or strategies including addressing oral-motor, respiratory, cognitive, postural and social functions, augmentative means of communication, sensory adaptation and /or electronic equipment/hearing devices. There may be indications of varied levels of educational completion or licensing qualifications. Entry level requires a Masters or a Doctoral degree. There is the option for completion of a year long residency to earn a Certificate of Clinical Competency (CCC) through ASHA. Many states require a teaching certificate for SLPs to provide services in the school. Requirements vary by state.⁴

SPEECH-LANGUAGE PATHOLOGIST ASSISTANT (SLPA): Speech-language pathology assistants are support personnel who perform tasks prescribed, directed, and supervised by speech-language pathologists. These individuals may or may not be required to hold a state licensure.⁴

TANDEM HIPPOThERAPY (T-HPOT): A treatment strategy in which the patient is handled by the therapist who is mounted on the horse behind the patient. *AHA, Inc. has a written position statement on the use of T-HPOT in which tandem hippotherapy is no longer considered best practice.*¹⁷

THERAPEUTIC: Multifaceted definition that is used both in healthcare and lay contexts.

1- (healthcare) Of, or relating to, the treatment of diseases or disorders by remedial agents or methods; serving to cure or heal.¹⁹

2- (healthcare) A term that falls under one of several billable codes used by therapists (e.g. OT, PT, SLP, licensed mental health professionals). ‘Therapeutic’ procedures are used to diagnose, treat, or restore function and include physical rehabilitation procedures.

3- (lay) A common term for an activity that has benefit to the body and/or mind of an individual.¹⁹

THERAPY: Treatment provided by a licensed/credentialed healthcare professional such as an OT/OTA, PT/PTA, SLP/SLPA, clinical psychologist, professional counselor, clinical social worker,

among others. Interventions or tools chosen by the professional must be in accordance with the State licensing Board and within the Scope of Practice as outlined by that professions' organization (e.g. APTA, AOTA, ASHA, APA, ACA, NASW)

TREATMENT: Administration of healthcare to a patient/client, conducted by a licensed healthcare professional where a treatment plan is in place. Usually initiated by referral or prescription from a physician.

AHA, Inc. Terminology Guidelines – CAUTIONARY TERMS

There are words or phrases that AHA, Inc. advises should NOT be used or should only be used with caution, as they may be considered inaccurate, incorrect, misrepresentative or in some cases fraudulent. In the interest of ethics, transparency, and consumer protection, the AHA, Inc. advocates consideration of the following terms relative to Hippotherapy;

AHA CERTIFIED: The AHA, Inc. is not the certifying body for therapy professionals with an earned credential for hippotherapy. AHCB is the certifying Board, and ‘AHCB Certified’ is correct. Also incorrect are: AHA Level I or AHA Level II Therapist or AHA Level I or Level II certified.

EQUINE FACILITATED THERAPY/LEARNING/PSYCHOTHERAPY/MENTAL HEALTH: See separate entries for ‘Equine Assisted Learning’ (EAL), ‘Equine Assisted Psychotherapy’ (EAP), ‘Equine Assisted Therapies’ and ‘Equine Assisted Mental Health’ (EAMH).

Use of the term facilitated is discouraged as horses do not facilitate sessions/lessons.

EQUESTRIAN THERAPY: This term is confusing as it implies a separate therapy service done to rehabilitate an equestrian (and only equestrians). It may also be confused with the term ‘equine therapy/equine physical therapy’, which is rehabilitation of horses as done by a Veterinarian, Physical Therapist, or other licensed/certified practitioner such as an Equine Massage Therapist.

The term ‘equestrian therapy’ has been used (incorrectly) in the definition of the AMA HCPCS Level II code S8940.

EQUINE THERAPIST: Equine therapist is correctly used to describe a physical therapist or other practitioner that rehabilitates horses (see ‘Equine Therapy’). The International Federation of Equestrian Sport (FEI) in 2018 began to regulate Equine Therapy at its events, when practitioners are treating horses. There is training and credentials for an equine massage therapist.

The term Equine Therapist should not be used to describe the provision of therapy to human clients. There is no profession, curriculum or licensing in the US for an Equine Therapist or Hippotherapist that treats humans.

EQUINE THERAPY/HORSE THERAPY/EQUINE PHYSICAL THERAPY:

- 1- Rehabilitation of horses as done by a Veterinarian, Physical Therapist, or other licensed/certified practitioner such as an Equine Massage Therapist.
- 2- Equine Therapy is also used inaccurately and sometimes fraudulently used (calling activities “therapy” when they are not provided by a licensed therapist). It is incorrect to shorten Equine Assisted Therapies (EAT) to ‘equine therapy’.

Do not use the term Equine Therapy/Horse Therapy when the recipient of the intervention or service is a human.

HIPPOTHERAPY PROGRAM/SESSION/TREATMENT/CLINIC: Because hippotherapy is not a stand-alone treatment, it is inaccurate to refer to treatment occurring in a ‘hippotherapy program,’ or a ‘hippotherapy clinic’. Additionally, it is not correct to call an occupational therapy, physical therapy or

speech language pathology treatment session a 'hippotherapy session'. A patient may be referred to a therapist because he/she specializes in or is able to offer the use of equine movement, and the referral is for PT, OT or SLP.

Recommended terms to use instead are Physical/Occupational/Speech Therapy Practice, Physical/Occupational/Speech therapy session (incorporating hippotherapy as a treatment tool/strategy), Physical/Occupational/Speech therapy treatment, or Physical/Occupational/Speech therapy clinic.

HIPPOTHERAPIST: A hippotherapist indicates a person who practices hippotherapy as a separate service or profession as occurs in Germany or some other countries. Hippotherapy in North America is within the scope of practice for PT, OT, and SLP and cannot be separated. Additionally, the education for hippotherapy in North America is structured as a continuation to existing OT, PT or SLP professional education, and there is no separate degree or licensing for hippotherapy.

There is no profession of hippotherapy, nor are there hippotherapists in the US.

HORSEBACK RIDING THERAPY (HBRT or HBT): A term that implies the use of horseback riding as a means for rehabilitation. The action of using horseback riding in treatment may be appropriate in an extremely limited situation, such as the vocational rehabilitation of a professional rider, but this would still be Physical or Occupational Therapy, with horseback riding written into the treatment plan, and it is never called 'Horseback Riding Therapy'.

RIDER: A person who is riding or who rides something, especially a horse, bicycle, motorcycle, or snowboard.

This term is appropriate to use when an individual rides a horse, such as in an adaptive riding program. This term should not be used when an individual is the recipient of therapy services incorporating hippotherapy (See 'patient/client').

THERAPEUTIC RIDING (TR): The term Therapeutic Riding is synonymous with Adaptive Riding. AHA, Inc recommends replacing the term Therapeutic Riding with Adaptive Riding (See Adaptive Riding). Therapeutic Riding is often confused with Therapy. Additionally, the term Adaptive Riding is more accurate to describe horseback riding lessons that are adapted for individuals with special needs.

Hippotherapy is not a form of therapeutic riding or adaptive riding, and this term should not be used to describe therapy services that incorporate horses.

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