



## *FREQUENTLY ASKED QUESTIONS*

### *THERAPEUTIC RIDING*

#### **What is therapeutic riding?**

Therapeutic riding uses interaction with the horse to benefit individuals with disabilities. Although the ultimate goal is for participants to ride as independently as possible, the physical, cognitive, emotional and social benefits are countless.

#### **Who can benefit from therapeutic riding?**

Almost anyone can benefit from therapeutic riding. Participants often experience an improvement in posture, balance, coordination and flexibility. The sense of independence and confidence found on a horse is unlike any other, and the connection developed with the horse benefits the participant's self-esteem and sense of teamwork.

#### **Who can participate in therapeutic riding?**

Participants must be:

1. At least 3 years of age.
2. Under 160 pounds.
3. Approved by their regular physician to ride.
4. Able to mount with moderate assistance and without a ramp. (We do hope to add a ramp to our facility in the near future!)

#### **How much do lessons cost?**

Private sessions	1 hour	\$40.00 + tax
	45 minutes	\$35.00 + tax

Group sessions	45 minutes only	\$30.00 + tax
----------------	-----------------	---------------

#### **What type of qualifications/experience does the staff have in regards to therapeutic riding?**

Jeanette Gue is an Advanced Instructor certified by the North American Riding for the Handicapped Association. For more information about NARHA go to [www.narha.org](http://www.narha.org) or ask a staff member. All volunteers and staff members are trained specifically to assist with the horses and participants involved in the therapeutic riding program.

## Black Diamond Stables

Located at Oglebay Stables

### **What types of horses are used in your program?**

While the breeds, ages and sizes of the equines may vary, all have one thing in common: they were specifically chosen for this program based on temperament and training. All horses and ponies used in the program have passed a training course based on the sights, sounds and handling techniques that are unique to therapeutic riding.

### **Is therapeutic riding the same as hippotherapy?**

Therapeutic riding is different from hippotherapy. While there are many therapeutic benefits, the goal is for the participant to learn to control the horse independently. In hippotherapy the horse is used as a tool in physical, occupational or speech therapy done by a therapist. No riding skills are taught in hippotherapy sessions. We hope to also provide hippotherapy in the future.

### **When do you do therapeutic riding?**

Therapeutic riding is done by appointment only. We offer sessions Tuesday through Friday, year round. Most sessions are conducted in an indoor arena.

### **Are private lessons or group lessons better?**

All participants are required to start in private sessions. In a private session the participant will help groom and tack the horse. Participants may switch to group sessions with a recommendation from the instructor. Group sessions do not include groundwork.

### **What type of tack is used? Do you use any special equipment?**

We use both English and western tack. The instructor will choose the tack that is most appropriate for each individual participants physical needs and riding goals. Some participants even use a bareback pad instead of a saddle. We also have different types of reins available

### **Will my insurance cover therapeutic riding?**

Most insurance companies will not pay for therapeutic riding, and we do not currently accept insurance.

### **How can I contact you?**

You can contact us at (304) 243-4042. Our mailing address is Oglebay Stables, Route 88 N, Wheeling, WV, 26003.

For directions go to [www.oglebay-resort.com](http://www.oglebay-resort.com).