



# Break-Out Sessions

March 8th-9th, 2024

*Please refer to the conference schedule for dates and times. Sessions and schedule are subject to change*

## **#1 Using horses as a treatment tool for teenagers with age-appropriate cognitive level. Two case studies: PANDAS and Gastroparesis**

Ilana Casady, MSOTR/L, HPCS

In this presentation we will review the characteristics of the teenage brain. We will identify potential stressors and motivators for teenagers. And we will discuss strategies for using the horse as the treatment tool including, but not limited to, communicating with teenagers, choosing the right horse and equipment, utilizing mounted versus unmounted activities, and maintaining the optimal environment to achieve functional goals.

### **LEARNING OBJECTIVES:**

- Identify characteristics of the teenage brain
- Identify potential stressors and motivators for teenagers
- Gain strategies for treating teenagers while using the horse as a treatment tool including but not limited to: treatment planning, best ways to communicate, activity choices, horse/tack choice
- Opportunities to carryover gains from on horse into activities of daily living

## **#2 Elevating Equine Movement: Beyond Bones and Ligaments.**

Melissa Jean Jarzynski, MSPT, HPCS, ESMLH

In this presentation, we won't just skim the surface. We'll deep dive into each of the horse's sensory systems—auditory, tactile, olfactory, and more—exploring what cutting-edge research has to say about their critical role in equine movement.

#### **LEARNING OBJECTIVES:**

- **Enhance Therapeutic Outcomes:** Utilize a holistic understanding of equine sensory systems to design more effective sessions for your clients and equine partners.
- **Understand the Limitations of Conventional Wisdom:** Gain awareness of the gaps in current understanding about equine movement that focus solely on anatomy.
- **Comprehend Sensory Impact:** Learn how each of the horse's sensory systems—visual, auditory, tactile, olfactory—affects its movement, backed by scientific research.
- **Apply Research to Practice:** Equip yourself with the tools to integrate these research-backed insights into your practice, enhancing your outcomes.
- **Improve Equine Care:** Utilize this sensory information to better care for therapy horses, optimizing their emotional and physical health.

#### **#4 Developmental Skills and Gait Parameters in Young Children with Developmental Delay Participating in Physical and Occupational Therapy Integrating Equine Movement**

Kinnear, M.M., Brady, H.A., Dendy, D.W., Thompson, L.D., James, C. R, Irwin, T.A., Camp. T.M.

This study presents information for the industry indicating that in young children (ages 2 through 4) with gross motor delay, 12 sessions of PT and OT therapy using HPOT as a tool can significantly improve measurements of gross motor delay and gross motor percentile rank. This provided evidence to support early intervention using PT and OT therapy integrating equine movement to promote functional outcomes.

#### **LEARNING OBJECTIVES:**

- Young children (<5 years of age) with DD participating in 12 sessions of HPOT had significant improvements in gross motor delay and GM percentile ranks, based on BDI-3 results
- Fine motor skills were not significant; however, the focus of the study was on gross motor delay and children were recruited based on a 25% GM.
- Continued research on HPOT as an early intervention for DD in young children is warranted and multiple site research is suggested.

#### **#5 The AHCB Credentialing Exam Process – Demystified**

Carol A. Huegel, PT, HPCS

This presentation is designed to educate AHA members regarding the benefits of certification, and specifically the AHCB and the exams it oversees, in order to foster interest in the certification process, and promote best practice.

**LEARNING OBJECTIVES:**

- Describe the purpose of the AHCB and certification
- Describe the two certification exams available through AHCB, including pre-requisites
- List three benefits of recertification

**#6 Electrical Stimulation in Coordination with Hippotherapy**

Michelle Winer, PT, MSPT, HPCS

Electrical stimulation is an underutilized modality in pediatrics and outpatient clinical settings. There are a number of barriers to use of electrical stimulation as well as a number of facilitators that can increase use. Research on functional electrical stimulation (FES) in CP shows that it can affect spasticity, strength, gait, posture, balance and upper extremity use. Use of FES can be a modality that works well with and complements the use of hippotherapy in clinical practice.

**LEARNING OBJECTIVES:**

- Identify barriers and facilitators to use of e-stim in pediatric practice
- Identify three different types of electrical stimulation and an indication for each one
- Identify two ways electrical stimulation can be used in practice along with hippotherapy

**#7 American Hippotherapy Certification Board Exam Writing Workshop**

Debbie Silkwood-Sherer PT, DHSc, HPCS

This presentation is designed to improve the quality and efficacy of the Hippotherapy Clinical Specialist and AHCB Certified exams by training AHCB credentialed therapists (Physical, Occupational and Speech) the process of writing examination questions and submitting them to the AHCB Board for inclusion on the certification exams.

**LEARNING OBJECTIVES:**

- Recognize the role of AHCB in the certification process and development of examinations
- Explain the difference in the AHCB Hippotherapy Certification and Hippotherapy Clinical Specialist exams
- Understand role of an item/test writer
- Identify and integrate the components/terminology of multiple-choice questions when writing test questions
- Synthesize components of Blooms' taxonomy in writing questions
- Demonstrate utilization of correct terminology, AHA's and therapeutic, when writing test questions
- Demonstrate ability to write test questions at all levels of Bloom's Taxonomy
- In consultation with mentor, submit examination questions

## **#8 The Feasibility, Acceptability, and Preliminary Efficacy of Occupational Therapy using Zones of Regulation™ in Clinic and Equine Environments for Autistic Youth**

Caiti Peters, PhD, OTR/L

Despite its prevalence in practice[1], there is sparse evidence investigating occupational therapy integrating horses for autistic youth[2-4]. Our team created an intervention manual for occupational therapy in an equine environment using Zones of Regulation® concepts (OTEE-ZOR) and a control condition manual, occupational therapy in a clinic using Zones of Regulation® concepts (OTC-ZOR).

### **LEARNING OBJECTIVES:**

- Identify social and self-regulation outcomes found in a recent study of occupational therapy in an equine environment for autistic youth.
- Describe several evidence-based intervention principles for integrating horses into occupational therapy for autistic youth
- Understand strengths, limitations, and next-steps in research supporting the incorporation of horses in therapy services for autistic youth.

## **#9 The effects of equine assisted physiotherapy on static balance, walking performance and quality of life in people with multiple sclerosis**

Maria Liga, PT, Msc in kinesiology, Msc in MBA, NDT (Bobath)

The use of Hippotherapy has been highlighted by previous research abroad as a promising approach for people with multiple sclerosis. However, its results need to be better understood with continued research. This present study will examine the effects of this intervention on some of the symptoms with MS patients.

### **LEARNING OBJECTIVES:**

- Participants will gain an understanding of how hippotherapy can positively impact individuals with MS in balance and mobility challenges.
- Participants will have a better understanding of the outcome measures and their improvement in the lives of individuals impacted by MS.
- Participants will recognize the broader benefits of hippotherapy in people with MS beyond physical outcomes, including its potential impact on emotional and psychological well-being.

## **#10 Measuring up: A quick and easy, standardized assessment of functional abilities for children in physical, occupational, and speech therapy**

Matt Huebert, PT, DPT, HPCS, CTRI, Jennifer Lee, OTR/L, CTRI, Randi Shannahan, PT, DPT, HPCS, CTRI

This presentation adds to the body of knowledge about the effectiveness of hippotherapy and provides the audience with practical ways to administer, interpret, and apply a standardized assessment in their therapy practice. The PEDI-CAT is cost-effective, easy to administer, valid to justify therapy for most insurance companies, helps therapists understand how their patients function at home, and assists with clinical decision-making. It is useful in all settings, whether using hippotherapy or not, that treat children from birth through age 20 with a variety of diagnoses.

**LEARNING OBJECTIVES:**

- Become familiar with the Pediatric Evaluation of Disability Inventory – Computer Adaptive Test (PEDI-CAT)
- Identify past and current studies that use the PEDI-CAT as an outcome measure for children receiving PT, OT, SLP utilizing hippotherapy
- Learn how to successfully integrate the PEDI-CAT into practice

**#12 Understanding Your Therapy Horse's Brain (*How to Help Your Therapy Horses Thrive*)**

Dr. Irina Fedulow Plante, PT DPT-W, *Heather L. Panczykowski, DHSc., OTR/L, FAOTA*

The deep bond between horses and humans has been widely known for centuries. But only within the past few decades, researchers have gained a better understanding of how horses process their emotions and environment and perceive relationships. Horses play an integral role in our therapy practices and it's our responsibility to maintain their wellbeing, both physically and mentally. The intent of this presentation is to address the current research findings and how to apply those findings in a meaningful way in the clinical setting to optimize the quality of life for our therapy horses. Participants will walk away with a more in depth understanding and appreciation for the equine brain.

**LEARNING OBJECTIVES:**

- Gain a deeper understanding of equine neuroscience
- Identify training strategies to optimize equine neuroplasticity
- Apply the emotional transfer between the horse and human interactions in their practice
- Identify subtle signs of burnout and pain and how to address them

**#15 Effectiveness of a 6-week occupational therapy program incorporating equine movement for children with Autism Spectrum Disorders**

Anastasia Kyvelidou, PhD

This presentation will add to the body of knowledge about occupational therapy incorporating equine movement as an effective way of improving social, communication and motor behavior in children with ASD.

**LEARNING OBJECTIVES:**

- Participants will be able to review and identify gaps in the literature of the use of hippotherapy and its effectiveness in social and motor behavior of children with Autism Spectrum Disorders (ASD).
- Participants will be able to identify outcome tools appropriate for monitoring change with the use of HPOT
- Participants will be able to recognize the impact of occupational therapy using HPOT for children with ASD

**#16 Gabe and Evie: SLP/HPOT Case Studies of Traditional Clients with Unexpected Outcomes**

Beth Macauley, Ph.D., CCC-SLP, HPCS, FNAP, ACUE

This presentation will encourage PTs, OTs, and SLPs to consider using HPOT for “non-traditional” clients. Clients whose status and treatment goals may not be what is expected but who can still make improvements in function leading to better quality of life.

**LEARNING OBJECTIVES:**

- Summarize at least 1 non-traditional case study of hippotherapy within speech-language pathology.
- Justify the use of hippotherapy within SLP for non-traditional clients.
- Apply the use of hippotherapy for nontraditional clients in disciplines other than SLP.

**#17 Using AI/ChatGPT to Work Smarter not Harder as a PT, OT, SLP Incorporating Horses**

Vera Lantelme-Faison, PT, Beth Macauley, Ph.D., CCC-SLP, HPCS, FNAP, ACUE

This presentation will take the application of AI/ChatGPT into the realm of hippotherapy. The attendees will learn how to write specific prompts to get therapy ideas, stimuli, help with clinical problem solving, and assistance with administrative tasks like report generation, appointment scheduling, and data management.

**LEARNING OBJECTIVES:**

- Explain how AI and ChatGPT can help in clinical practice
- Learn how to write specific prompts within ChatGPT for specific clinical activities
- Describe at least 2 applications of ChatGPT to hippotherapy

## **#18 Targeting Upper Extremity Function and Participation Using the Hippotherapy and the Equine Environment**

Julia Mazzarella, PT, DPT, PhD, Jill C. Heathcock, PT, MPT, PhD

Physical therapy (PT) using hippotherapy and the equine environment presents a multitude of opportunities to target upper extremity function. Activities such as brushing horses, carrying and fastening tack, scooping and carrying feed, opening and closing doors and locks, handling brooms, and operating a hose all challenge upper extremity strength, coordination, and fine and gross motor function. For children with motor disabilities, these activities are participation-based and can directly translate to increased involvement with daily life activities, such self-hygiene and dressing oneself. We completed a pilot randomized-controlled trial investigating the feasibility of a targeted PT intervention using hippotherapy and the equine environment to improve upper extremity function and participation in daily life activities in children with cerebral palsy (CP) or autism spectrum disorder (ASD). The purpose of this session is to describe the intervention we did and provide detail on fidelity, feasibility, and preliminary outcomes of the intervention and its application in a clinical setting.

### **LEARNING OBJECTIVES:**

- Learners will describe the distinction between hippotherapy and rehabilitation in the equine environment.
- Learners will be able to state the International Classification of Functioning, Disability and Health definition of participation.
- Learners will describe how to target rehabilitation goals related to upper extremity function using hippotherapy and the equine environment.
- Learners will describe one activity that can be paired with hippotherapy, with one progression and one regression, to target upper extremity function and participation for a pediatric patient.
- Learners will describe one activity that can be done in the equine environment, with one progression and one regression, that targets upper extremity function and participation for a pediatric patient.

## **#19 International status of education and practice in hippotherapy and other services.**

Dr Ninette du Plessis, Dr Beth Macauley, Mrs Vera Lantelme-Faisan

This presentation will add to the body of knowledge about hippotherapy and other services by explaining and describing the international development thereof. It will inform participants on the availability of hippotherapy training outside the US and introduce a network of therapists from different countries, Svitan, that provide support and training not only to OTs, PTs and SLPs but also to Psychologists and Sport Scientists that use the movement of horses or equine environment to reach functional goals within their own professional scope of practice. Thus, expanding the world vision and understanding of the participants. In this presentation the following education and services will be presented.

### **LEARNING OBJECTIVES:**

- Describe at least one similarity between provision of hippotherapy in the US and one other country.
- Describe at least one difference between provision of hippotherapy in the US and one other country.
- Compare the terminology used to define hippotherapy between the US and Europe (or other countries).
- List at least 3 countries outside the US that have created education modules for hippotherapy.

## **#20 Transdisciplinary hippotherapy practice guidelines for clients with spastic cerebral palsy**

Dr Ninette du Plessis

Occupational therapists (OTs), physiotherapists (PTs) and speech and language pathologists (SLPs) treat clients using the movement of the horse as a treatment tool (hippotherapy). In the absence of treatment specifics within studies, this PhD study developed transdisciplinary hippotherapy practice guidelines for clients with spastic cerebral palsy (CP).

### **LEARNING OBJECTIVES:**

- Participants will become aware of the 19 hippotherapy concepts identified in the first phase of this PhD study.
- Participants will be able to use their own professional reasoning when evaluating the applicability of these guidelines to clients in clinical practice.
- Participants will be able to refer to this presentation when conducting research in the hippotherapy field and further contribute to the scientific development of hippotherapy.

## **#22 A Critical Look at Weight Carrying Capacity: Is the 20% Rule Still Appropriate?**

C. Jane Burrows, PT, DPT, HPCS, Susan Rehr, PT, MS, HPCS

An understanding of Weight Carrying Capacity is critical for equine welfare and for maximizing movement potential in your herd. Just because a horse can physically support an individual doesn't mean that they can move fluidly. It is fluid movement that makes a difference in the movement plan necessary for high quality therapeutic intervention. This presentation will introduce the participants to the "what, why and how" of incorporating weight carrying capacity into their overall practice management.

### **LEARNING OBJECTIVES:**



- Identify key factors that influence the weight carrying capacity of an equine in a clinical environment.
- Understand the connection between weight carrying capacity and the quality of movement that a horse can produce.
- Learn critical elements of herd assessment to promote equine welfare.
- Learn how to use the concepts of weight carrying capacity for formulation of your equine's conditioning program.
- Recognize the dynamic nature of a weight carrying capacity policy.

## **#23 Infusing Family Coaching Strategies and Caregiver involvement into the Natural Setting Using Hippotherapy**

Jeanni Bonine MS, OTR/L, HPCS, CTRI

The proposed presentation gives rationale and strategies for integrating functional therapeutic approaches into sessions using hippotherapy. Supporting that hippotherapy is not a standalone biomechanical tool and capitalizes on the unique attributes of the equine environment and opportunities to support caregiver capacity and involvement.

### **LEARNING OBJECTIVES:**

- Identify several benefits of integrating family members/caregivers into services
- Identify safety considerations related to integrating family members/ caregivers
- List several specific strategies for integrating family members/ caregivers into sessions in the natural environment and mutual benefits to therapist, client and caregiver alike.
- Understand basic underlying concepts for therapeutic play interventions
- Discuss several strategies for integrating therapeutic play into the natural setting

## **#24 Impact of an Occupational Therapy Ground-Based Horsemanship Program on Social Participation in Children and Youth with Disabilities: Outcomes and Future Directions**

*Heather L. Panczykowski, DHSc., OTR/L, FAOTA*

This research serves as a springboard for broader conversations regarding the utilization of groups in ground-based horse interventions. The use of the horse as a tool in a group setting increases accessibility and variety of interventions and has the power to improve therapeutic outcomes.

### **LEARNING OBJECTIVES:**

- Describe the purpose, design, methods, and statistical outcomes of the study
- Discuss the opportunities and barriers of using a group service delivery model incorporating horses in practice.
- Identify one group intervention using horses that could be offered at their facility