

OT Mastery

Hippotherapy

1. According to the American Equestrian Alliance and the American Hippotherapy Association, how many years of experience should a provider have to use hippotherapy with clients?

- A. 2
 - B. 5
 - C. 10
 - D. 1
-

2. Which of the following provider is NOT a standard part of a hippotherapy session?

- A. Equine professional
 - B. Behavior therapist
 - C. Horse handler
 - D. Side walker
-

3. What is one of the most essential tenets of hippotherapy that providers can use to guide their sessions?

- A. The unpredictability of a horse's movements is said to help patients develop adaptability.
 - B. Assuming a seated position on the horse is the only way a patient can benefit from hippotherapy.
 - C. The horse serves as a natural base of support for the client.
 - D. The horse must be used without any equipment to be beneficial to the client.
-

4. Which of the following is NOT a skill area that hippotherapy can directly assist with?

- A. ADL function
 - B. Range of motion
 - C. Sensory processing
 - D. Community integration/re-integration
-

5. What is NOT an example of a common fine motor-based hippotherapy activity patients may participate in?

- A. Feeding the horse its pills
 - B. Manipulating fasteners to put on and adjust reins
 - C. Manipulating buckles to put on and adjust neck straps
 - D. Donning/doffing a helmet or gait belt
-

6. What theory base might an OT chiefly use to structure a hippotherapy session for a patient with cerebral palsy?

- A. Dynamic interactional theory
 - B. Motor relearning
 - C. Neurodevelopmental treatment (NDT)
 - D. Sensory integration theory
-

7. Which statement is true based on the research regarding hippotherapy?

- A. There is strong evidence supporting the impact of hippotherapy on academic performance.
 - B. There is evidence to support the use of hippotherapy as an alternative modality as well as a part of integrative treatment.
 - C. The evidence suggests hippotherapy is not effective for many of the populations it is purported to benefit.
 - D. There is no evidence supporting the use of hippotherapy with adults.
-

8. What outcome measures are evidence-based for children with ADHD who receive hippotherapy?

- A. Attention, self-esteem, learning, cognitive function, and motor skills
 - B. Reflex integration, socialization, rest/sleep, and productive leisure
 - C. Problematic behaviors, social skills, emotion regulation, and coping skills
 - D. Motor skills, coordination, postural control, and socialization
-

9. Hippotherapy was found to be effective in improving gross motor function, ADL function, gait, and spasticity management for children with what diagnosis?

- A. Hypertonia
 - B. Cerebral palsy
 - C. Down syndrome
 - D. ADHD
-

10. A review that looked at the effects of hippotherapy on elderly individuals saw improvements in what outcome measures as a result of this intervention?

- A. Rest, ADL function, fall frequency, productive leisure, and health-related quality-of-life
 - B. Problematic behaviors, social skills, emotion regulation, and coping skills
 - C. Motor skills, coordination, postural control, and socialization
 - D. Gait, muscular strength, flexibility, step cadence, functional mobility, static/dynamic balance, and postural balance
-