



Precautions and Contraindications to Therapeutic Riding

A Framework for Decision-Making

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It is my privilege to share with you one outcome of the work of the Medical Committee of the North American Riding for the Handicapped Association: a descriptive list of precautions and contraindications to therapeutic riding. Since 1986, the Medical Committee has acted in an advisory and service capacity to NARHA. It has in particular addressed questions on precautions and contraindications in therapeutic riding - that is, who should ride, how should she or he ride, what background information should be obtained, what documentation should be required of the riding centre, and others. The early membership of this committee consisted of physical therapists, occupational therapists, and therapeutic riding instructors. And, from 1986 to present day, many questions are posed to the Medical Committee by the NARHA membership, and many tasks assigned to it by the NARHA Board of Directors.