

# Can a short course in adapted vaulting have a positive effect on physically and mentally challenged children?

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## *Abstract*

*Four children with various physical and mental disabilities participated in a six week long course of adapted vaulting. The sessions were videotaped, and informational videos were made. All children improved in various ways and in one case it is likely that the improvement was a direct result of the vaulting course. The films are being shown to politicians, school and health personnel and horse professionals. It seems possible to gain acceptance for therapeutic horseback riding and its inclusion into the structures that currently control health services if its value can be soundly documented and the information conveyed in a convincing manner. Adapted vaulting is an interesting investigative approach that merits further study.*