

Basic, Yet Overlooked Factors Influencing Posture in Horseback-Riding Therapy. Hippotherapy with babies and toddlers.

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Influencing posture plays a vital role in Horseback-Riding Therapy (Hippotherapy, 'HT'). Posture both reflects and influences the condition of the entire human body.

By posture, we mean all human motor skills whose aim it is to maintain balance (Guth, et al, 2004). Often, when discussing the characteristics of posture, various explanations of Sherrington's (1906), respectively Magnus' (1916), statement that 'Posture follows movement like a shadow' are given. If we assume that posture is at the beginning and end of every movement, and is a part and foundational condition of them, then the achievement of standing correctly with perfect posture is considered to be the primary function of the muscular system and, indirectly, of other systems of the human body, as well.