

ARTICLE FOUR

*SINGLE CASE STUDY ON THE CHANGE OF MOTION IN
ADULTS WITH CEREBRAL PALSY BY PSYCHO-EDUCATIONAL
VAULTING AND RIDING*

INTRODUCTION

Many people who are affected by severe physical disabilities due to cerebral palsy and spasticity are using the opportunity of psycho-educational vaulting and riding therapy. After riding, those affected, as well as their caregivers, reported positive effects both on their mood and on improvements in mobility.

Even during the promotion, improvement in mobility and tonicity can be observed. Therefore, I was faced with the question of how the change in mobility through riding could be measured, and direct effect represented. In addition to the development of a scientific method for measuring mobility, a measurement is needed for the individual which is suitable for daily use but which does not detract from therapy time.

The following article, which is an overview of my thesis-led single case study, describes the impact of remedial support with horses on the mobility and spasticity of adults with cerebral palsy.