

ARTICLE THREE

Quality of Movement and Motor Problems in Patients with ADHD: Implications for a Therapeutic Riding Approach

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59 Scientific and Educational Journal of Therapeutic Riding 2012/13

ABSTRACT

The main focus of this article is motor problems in patients with ADHD in two core areas: (i) inhibition problems which affect fine and gross motor adjustment and regulation of power and flow of movement; and (ii) problems with proximal stabilization of the trunk that leads to compensative activity and high muscular tone in key movement muscles to maintain alignment (Stray, 2009). Identifying how these specific motor problems may affect riding leads to the question of finding an appropriate practical approach that is helpful for the patient. The case presented here is an example of how to use the concept of Balance and Movement, originated by Susanne von Dietze, in therapeutic riding practice for patients with ADHD. It was presented in April 2012 at the IVX International Congress of Therapeutic Riding in Athens and in August 2012 as a case study for the D-course "Balance and Movement: Further Education for Physiotherapists" in Gothenburg, Sweden.

KEYWORDS

Therapeutic Riding; Horse-Assisted Therapy; Motor Problems; ADHD; Pain.