We started working on lateral weight shifts that eventually turned to single limb stance, necessary for lifting his right leg up to the stirrup. Strength training for the hip flexors was incorporated to help with elevating the leg high enough as well. Glute work was included also to provide the proper hip extension necessary to lift his body weight up and over the saddle.

I brought my grandfather’s saddle from home and placed it on a large stability ball for seated balance training. His interest and participation in therapy instantly improved, and so did his mood. His son reported back that he sits on the horse really well now and has a much easier time mounting the saddle with his right side.

As a side note, the saddle became quite a hit for the staff too. Several people came into our gym to test their balance. It ended up being a lot of fun, and we were able to achieve really positive outcomes in the process.

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We want to hear what you are doing to achieve clinical excellence in your facility!

Send your success stories to your Area Manager!