

# Effects of the hippotherapy on the health of patients

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# Structure of this presentation

- ▶ Greeting
- ▶ Significance of hippotherapy in the list of acceptable healing remedies
- ▶ Effects and impacts of the hippotherapy
- ▶ Survey of patients, therapists and doctors
- ▶ Survey results
- ▶ Conclusion and future prospects



*„Handicapped people know that nothing in life is self-evident.“*  
Hubert Joost (\*1939)

# Effects of hippotherapy

## Physical effects:

- ▶ Regulation of the muscular tonus
- ▶ Pain reduce
- ▶ Better control of bodyparts
- ▶ Balance improvement
- ▶ Erection of the spine

## Mental effects:

- ▶ Feeling of success
- ▶ Relaxation
- ▶ Improvement of self-confidence
- ▶ Improvenemt of self-esteem

# Significance of hippotherapy in the list of acceptable healing remedies

## Problems of existing studies:

- ▶ Insufficient and faulty planning, implementation und documentation  
-> little validity of results

## Solutions:

- ▶ Implementation only by qualified staff
- ▶ exact documentation of all results and progresses
- ▶ accurate planning and preparation of the study

# The Survey

- ▶ **Patients:**
  - > different ages (3-67)
  - > different diseases
  - > from different institutions
- ▶ **Therapist:**
  - > one Hippo-therapist with plenty of experience
- ▶ **Doctors:**
  - > neurologist
  - > pediatricist
  - > general practitioner

# Results of the survey

- ▶ 49/52 like to go to Hippotherapy very much
- ▶ 34/51 think Hippotherapy is very helpful
- ▶ 40/41 feel positive effects
  
- ▶ Regulation of the tonus
- ▶ Reduce of pain
- ▶ More liberty of action and moving
- ▶ Relaxation and positive effect on the mental health
- ▶ 26 (59,2%) positive improvement on their daily life

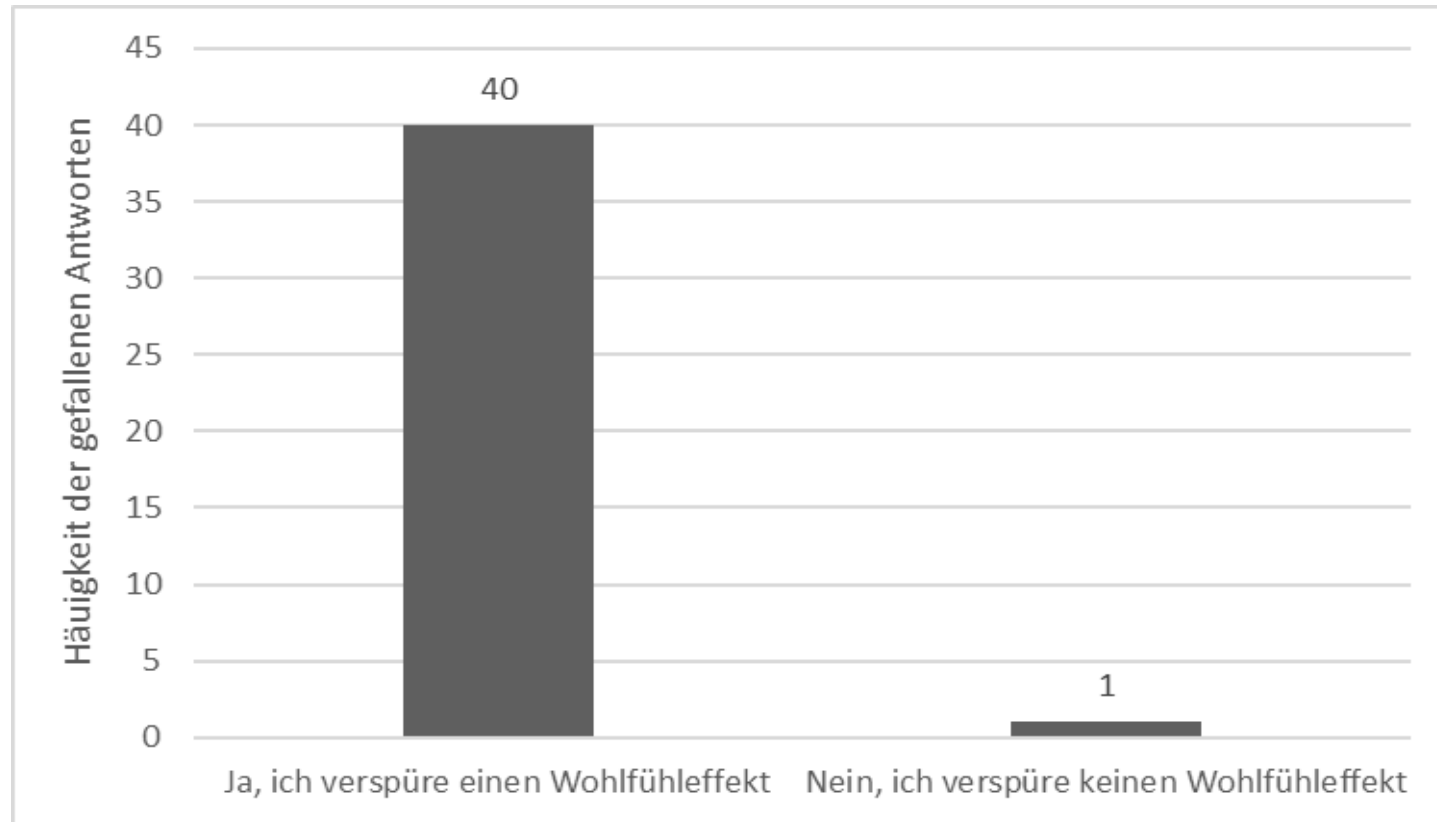
# What is meant by an positive improvement on the daily life?

- ▶ Extension of the walk-distance
- ▶ Less pain
- ▶ More independency:
  - ▶ -> do the grocery shopping alone
  - ▶ -> take the public transportation
  - ▶ -> do laundry or cleaning
- ▶ More self-confidence and self-esteem:
  - ▶ -> **i can do this!**



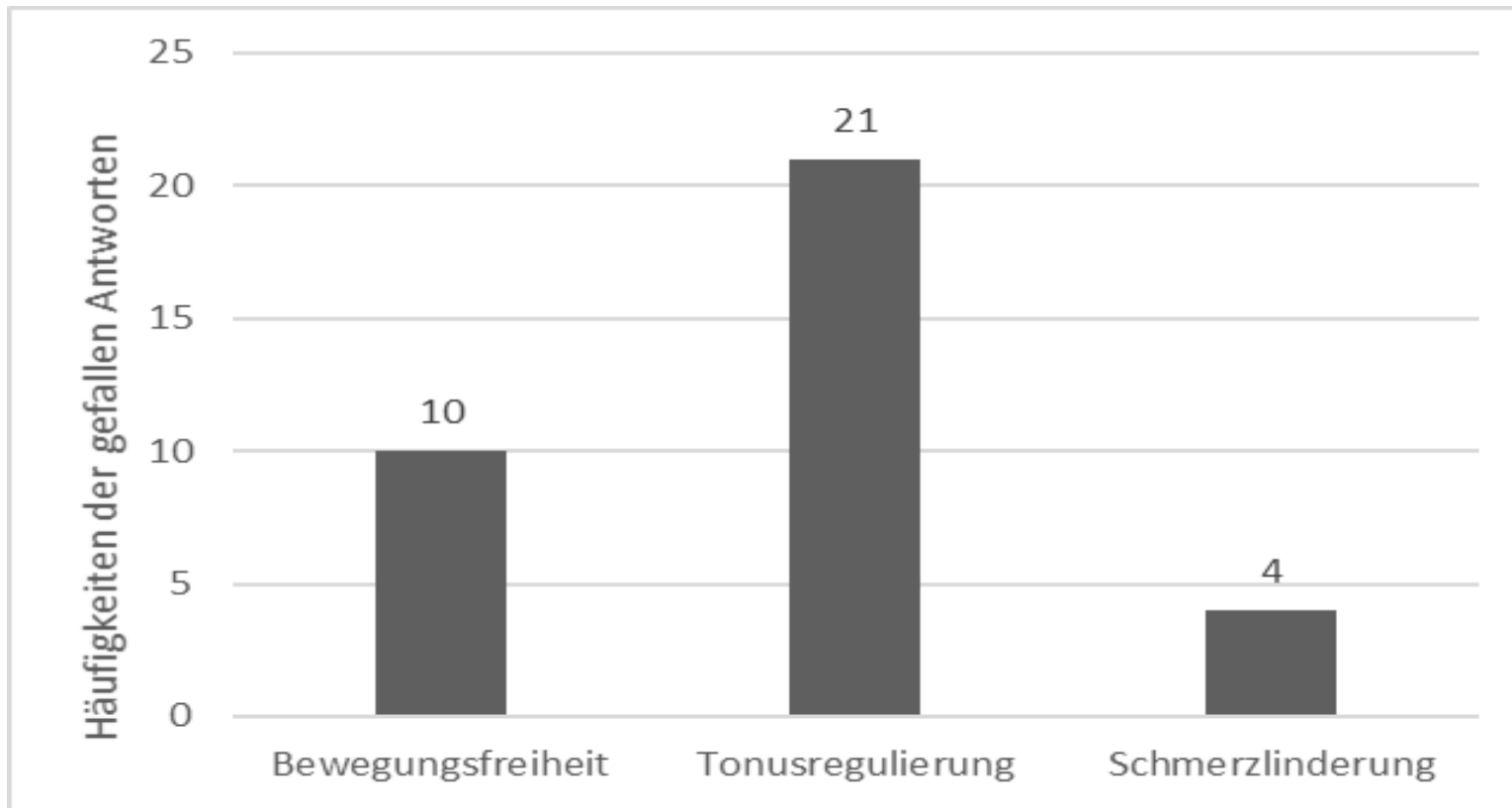


# Feel of a positive impact on the well-being



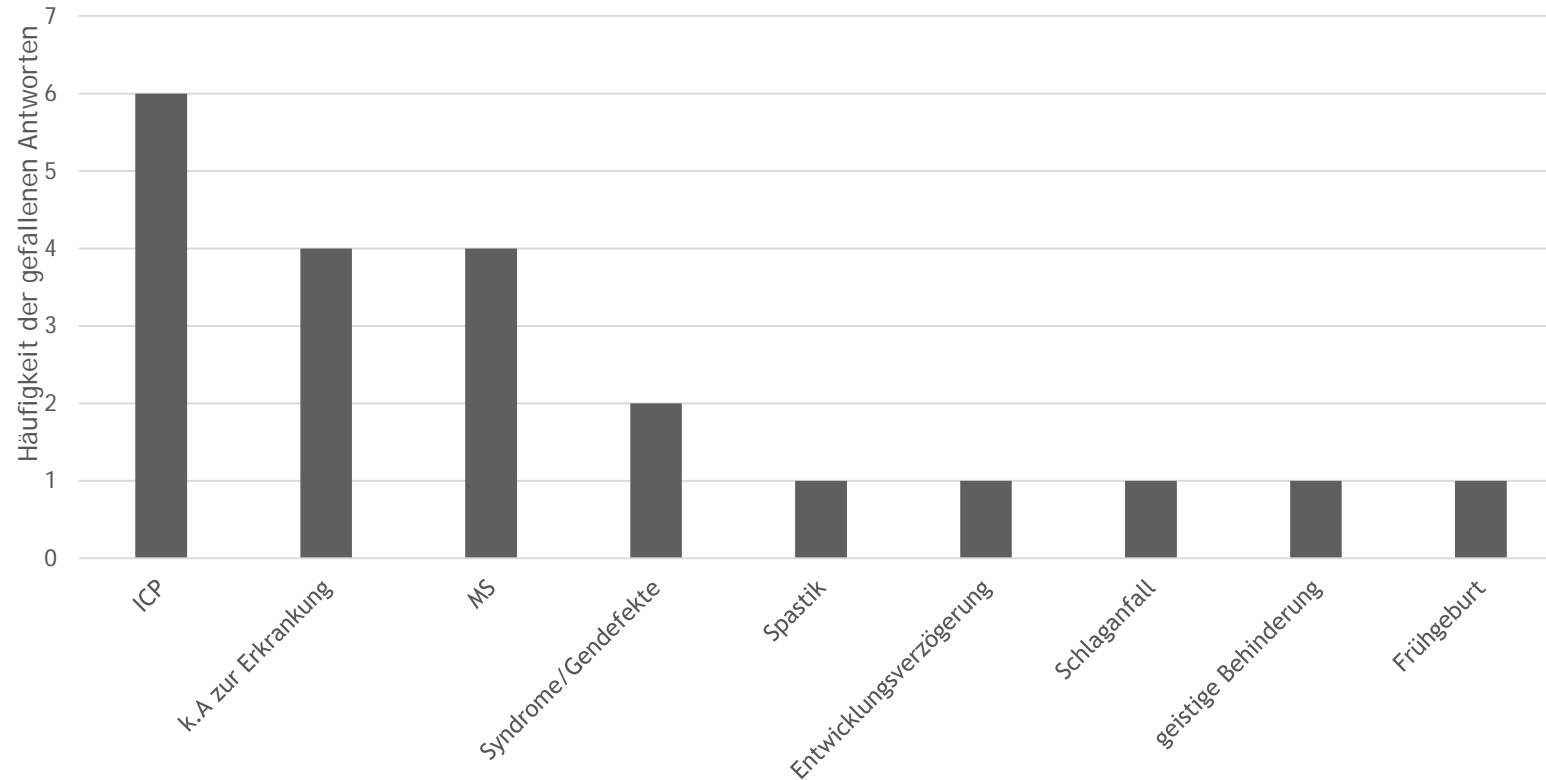
N=41

# Impact on the physical health



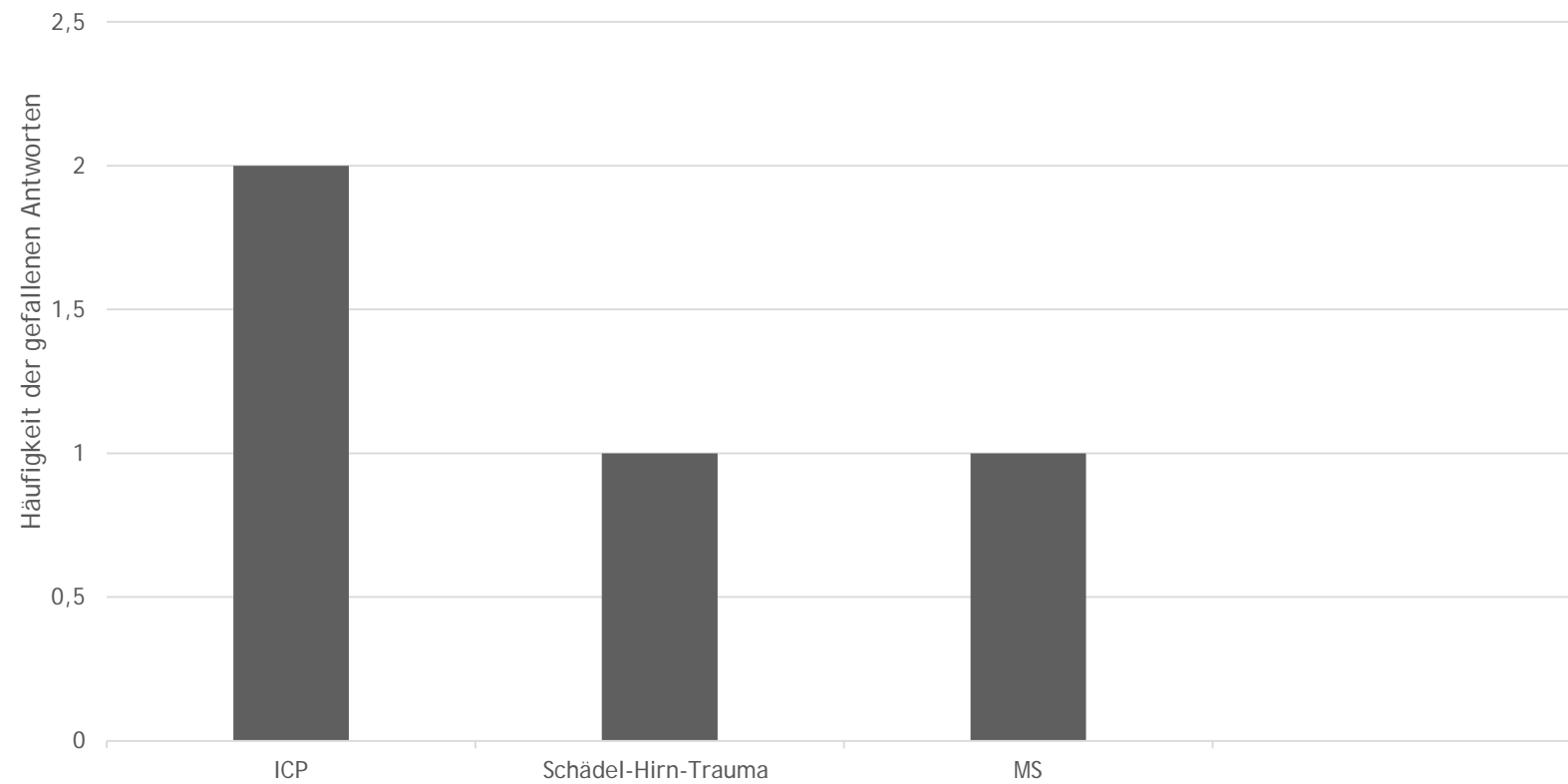
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# Regulation of the tonus



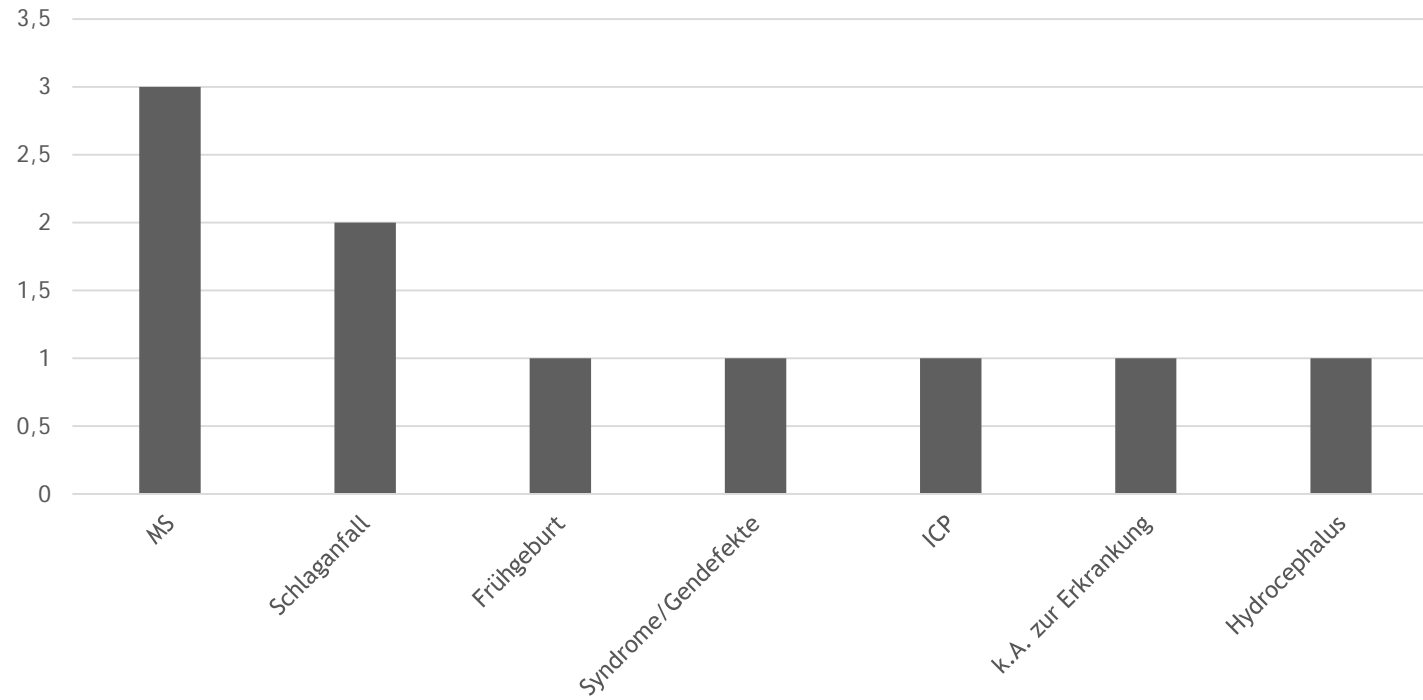
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# Reduce of pain

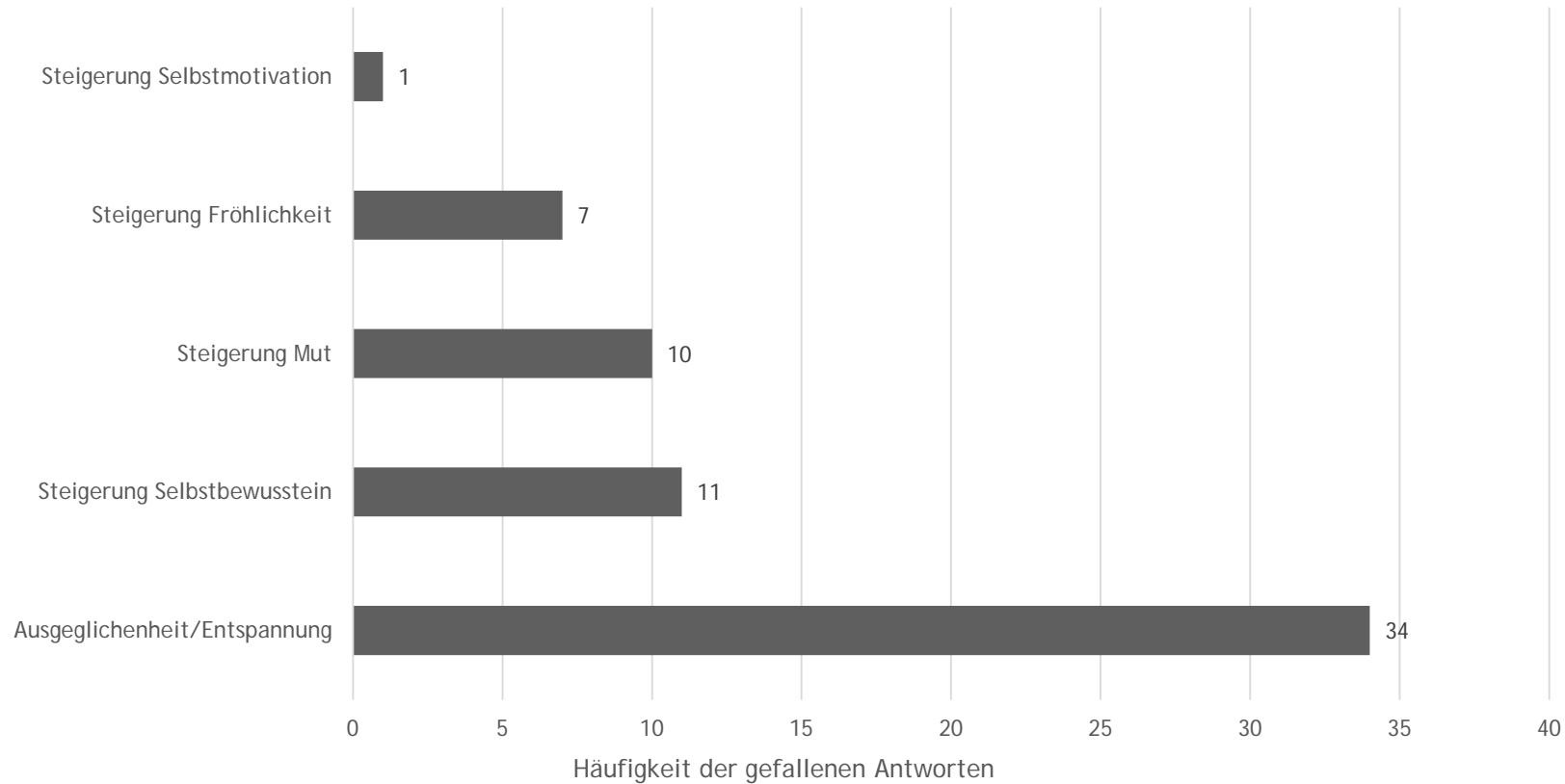


N=4

# More liberty of action and movement

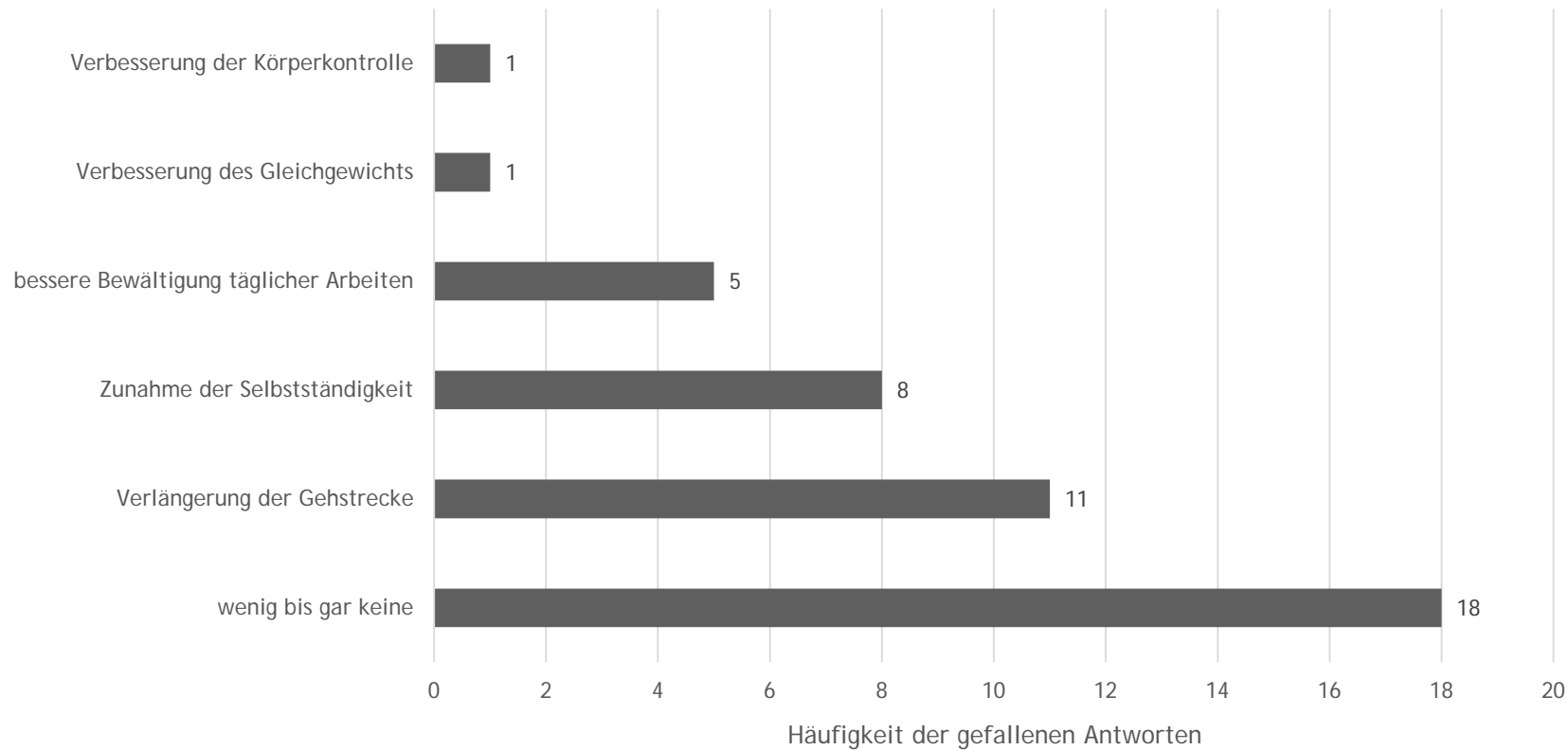


# Effects on the mental health



n=63

# Improvement on the daily life



N=44

# Conclusion and future prospects

- ▶ Results of different studies prove the positive effects on patients health
- ▶ We need more studies with better planning, documentation and implementation  
-> supervision of alle studies by the DKthR
- ▶ Support by health insurances
- ▶ Support by different doctors
- ▶ Study in 2017 by Willi Drache Stiftung: first study with high statistical evidence



# Thank you for your attention!

