

The hippotherapy effects treating children with cerebral paralysis: bibliographic revision

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The history of using horses in health area is as old as the history of medicine itself, the animal being used in several ways including riding the animal as a hobby, art of war, transport or the animal itself. Hippotherapy is practiced in over thirty countries including Brazil and prescribed in cases such as movement disturbance like: hipotony, hipertony, ataxia, athetosis in different severity levels and topographical classification along -or not- with cognitive deficiency and/or behavioral. The revision goal is to make a critic analysis of the bibliography related to the benefits and limits of hippotherapy in the treatment of children suffering from cerebral paralysis focused mainly on mobile ambulatory aspects.

Eight issues were chosen to be analyzed regarding hippotherapy effect. From the data obtained in table 1 it was noticed the average of the children varied from 4 to 11 years old, being the chosen target group children with spastic paralysis. Regarding the number of participants, it was obtained diversified samples from 2 to 17 children. The commitments presented by them interfered with the development of the postural control hardening the daily routine functional activity performance.

Children who undergo equitation classes revealed real gain increasing independence in their daily activities, motor coordination, equilibrium, postural control among others. Despite the benefits present by the use of hippotherapy, there's a lack of essays adding pattern measures and scientific research which triggers the intervention and performance of the occupational therapeutic professional basing his/her practice upon the evidence.