

1621

### **Equinoterapia Ocupacional**

Cecilia Llambías, Victoria Beghin, Isabel Pini, María Lis Serradell, Rocío Bosca  
*La Lujanita, Tigre, Argentina*

#### **“OCCUPATIONAL EQUINOTHERAPY”**

Through this work we want to make known the hippotherapy, in a particular approach we have called “Occupational Equinotherapy” and some of the many results obtained with it. The particularity of our methods of work consists in complementing the use of equinotherapy techniques with our university studies as occupational therapists.

Our work is based on the existing bibliography about the treatment of different pathologies. We have read and analyzed authors such as Edith Gross (Mexico), Danielle Xiterio (Italy), Barbara Teichmann Engel (EEUU) and from the colored bibliography for occupational therapists about children’s rehabilitation, specially authors like Bobath, William/ Spaackman works, Soffie Levitt, etc.

Our study is based on a 9 years old patient with aftermath of cranial trauma. The patient presents mainly alterations of muscle tone in trunk and members, dependence in everyday life activities (AVD) and moving, aphasia, and decreased self-esteem. Equinotherapy therapeutic principles were used for the treatment; such as the transmission of body heat of the horse, the rhythmic pulse and normal pattern of motion. We combined these principles with occupational therapy techniques; the analysis and selection of activities and strategies for physical rehabilitation together with a team work with other professionals in the field and the school teacher. The treatment is over a period of time of 6 months, the patient assisting to equinotherapy once a week for one hour.

We consider equinotherapy as a fundamental therapy taking into account the good results shown not only in physical terms but also emotional, in a short time. This is because of the re educative, recreative, motivational and relaxing aspect the contact with nature and the horse offer. As regards occupational equinotherapy, it is a work field that allows occupational therapists to use in an efficient and creative way everything we have learnt.