

THE FACULTY

AHA Coordinating Faculty

Karen McPhail Gardner, MOT, OTR, HPCS

Karen has a Master's in Occupational Therapy and is Director of Therapy for SIRE, Inc., near Houston, Texas. She is a Hippotherapy Clinical Specialist (HPCS), NARHA Master Instructor and Driving Instructor. She practices pediatric and aquatic therapy at the TEAM Approach and is an adjunct professor for the OTA Program at Tomball College. Therapy interests include sensory integration and neurodevelopmental techniques. She is a member of AOTA, TOTA, Houston Area Carriage Association, Lone Star Dowsing Club, Clear Gem and Mineral Society. Karen is a past President of American Hippotherapy Association, Inc.

AHA Associate Faculty

Lisa Harris, PT, HPCS

After graduating from Auburn University with a BS in Animal Science, Lisa received two degrees from the University of Kentucky: a MS in Vet Science, specializing in Equine Biomechanics, and a MS in Physical Therapy. She has published an article on equine biomechanics in the Journal of Veterinary Science, and has presented in the US and Canada material from her MS Thesis. Lisa and her colleagues presented their MS PT Research Project comparing a human walking to sitting on a horse at the walk at the Ninth International Therapeutic Riding Congress in Denver in 1997. She currently practices physical therapy at Cardinal Hill Rehabilitation Hospital in Lexington, Kentucky seeing a variety of neurological and orthopedic adult and pediatric clients. Lisa served on the AHA board as Vice President, research chairperson and newsletter editor. She is a hippotherapy clinical specialist and a NARHA advanced therapeutic riding instructor. Lisa initiated and coordinates the NARHA accredited hippotherapy program at Central Kentucky Riding for Hope which is partnered with Cardinal Hill Rehabilitation Hospital. She teaches a hippotherapy lab each year at the University of Kentucky. Lisa Harris is a graduate 'A' pony clubber. She has evented through the Intermediate Two Star Level and has coached young riders through the Preliminary Level.

REGISTRATION

Limited to:

15 participants-Equine Skills 1

25 participants-Hpot Tx Principles 1

Registrations will not be accepted without payment. For your protection we advise that you not make travel or lodging plans until your registration is confirmed. A registration packet will be mailed to you after we receive your registration form and full tuition payment.

Accommodations: Available within 10-15 minutes of host site.

Holiday Inn North: 1950 Newtown Pike Lex, KY 40511
(859) 233-0512

LaQuinta:919 Stanton Way Lexington, KY 40511
(859) 231-7551

Comfort Suites:121 Darby Dr. Georgetown, KY 40324
(502) 868-9500

Continental breakfast included with room reservations to all hotels. With Holiday Inn, need to request the room package that includes the breakfast. Listed from most to least expensive. Be sure to ask about AAA discounts.

DIRECTIONS to CKRH

The Kentucky Horse Park is located 4 miles north of Lexington and 3 miles south of Georgetown at I-75. Take exit 120 from I-75 and follow the signs to the Kentucky Horse Park. Enter the Horse Park, at the main gate.

Go **AROUND** the Roundabout to Cigar Lane.
Turn **RIGHT** onto Cigar Lane.

Follow Cigar Lane to Walt Robertson Drive. Just past the new Horse Park Indoor Arena.

Turn **LEFT** onto Walt Robertson Drive.
Follow Walt Robertson Drive past the Secretariat Center

Turn **RIGHT** into our driveway (There will be a sign "Central Kentucky Riding for Hope".) Park in the marked spaces.



AHA Inc. Approved Level I Equine Skills and Level I Hippotherapy Treatment Principles

July 9-12, 2009



Hosted by
Central Kentucky Riding for Hope

PO Box 13155
Lexington, KY 40511
(859) 231-7066
www.ckrh.org

Contact:
Lisa Harris, PT, HPCS
(859) 229-3483
lharris@qx.net

Level I Equine Skills July 9-10, 2009

This 1.5 day, hands-on, course targets therapists and assistants with minimal to no horse experience in non-mounted equine skills. Participants will work with horses in teams of two or three, with close supervision and assistance allowing an opportunity for demonstration, practice and individualized feedback and instruction.

- Correctly interpret the "body language" of the horse. Identify and name key anatomical points of the horse.
- Recognize elements of desirable conformation of the horse.
- Identify, describe the function of, and demonstrate proper use of grooming equipment.
- Identify key parts of the horse's tack.
- Demonstrate safe and proper tacking and un-tacking of a horse.
- Recognize and describe the four natural gaits of the horse.
- Recognize desirable qualities of the horse's movement.
- Recognize unsoundness in a moving horse.
- Recognize the signs of stress/burnout in the horse.
- Demonstrate safe, correct leading techniques with basic school figures.
- Demonstrate kind and humane treatment of the horse at all times



Registration

Name: _____

Address: _____

City/state/zip: _____

Phone: _____

Email: _____

Height: _____ Weight: _____

(needed for mounted practicum)

If your weight exceeds 180#, you will be excused from the mounted practicum.

Profession & License #: _____

NARHA Instructor: _____ Administrator: _____

Horse handler: _____ Other: _____

TUITION

Early bird registration: \$700 for both courses, \$350 for one course.

Registration after June 5th: \$800 for both courses, \$400 for one course.

Tuition includes workshop materials, continental breakfast, lunch each day, and refreshments during breaks.

There will be no refunds or cancellations allowable after June 20, 2009.

Please note: This course will be subject to cancellation if the minimum number of participants is not met.

Mail registration form and make checks payable to:

**CKRH
PO Box 13155
Lexington, KY 40511**

Level I Treatment Principles July 10-12, 2009

This 2 1/2 day course is designed for entry level therapists utilizing hippotherapy as a treatment strategy and those in or working with hippotherapy teams. Hands on practicums are available in this course. It can be attended by graduate physical, occupational, speech therapists. Horse handlers and riding instructors..

- Know and understand the definition of Hippotherapy.
- Understand how the horse's movement affects human systems - A System's Approach.
- Describe possible responses of a patient to the movement of the horse's walk.
- Describe the unique contributions of the horse's movement as a treatment strategy and potential benefit for the patient.
- Understand the importance of the hippotherapy horse's suitability and movement.
- Describe the appropriate methods of horse handling during a hippotherapy session.
- Describe the selection and use of hippotherapy equipment for the horse and patient.
- Identify all factors that contribute to safety in the hippotherapy session.
- Identify key considerations for patient selection for hippotherapy including specific contraindications and precautions.
- Describe the key elements of patient evaluation and treatment planning.
- Describe methods of maximizing effects of hippotherapy, including school figures and movement progressions.
- Describe safe methods of transitioning on and off the horse.
- Have a working knowledge of potential emergencies and appropriate procedures.
- Describe the roles of the hippotherapy team members.
- Understand the business aspects related to hippotherapy including documentation, record keeping, reimbursement issues and insurance.
- Demonstrate kind and humane treatment of the horse at all times