

Contraindications for Riding

Riding is not an appropriate activity for everyone. The SoléAna Stables program follows PATH International guidelines. According to PATH International guidelines, riding is contraindicated if:

1. The staff is unable to safely manage the participant in any situation, including an emergency dismount.
2. The safety or comfort of the horse is compromised.
3. The participant meets the criteria listed on the list of precautions/contraindications.

The following conditions may present precautions or contraindications to therapeutic horseback riding. Therefore, when completing the application, please have physician note whether these conditions are present and to what degree.

Orthopedic:

- Atlantoaxial Instability-include neurologic symptoms
- Contractures
- Coxa Arthrosis
- Heterotopic Ossification/Myositis
Ossificans
- Joint subluxation/dislocation
- Osteoporosis
- Pathologic Fractures
- Spinal Instability/Abnormalities
- Spinal Fusion/Fixation
- Scoliosis 30 degrees or greater

Neurologic:

- Hydrocephalus/Shunt
- Neuromuscular Disorders (if pain or fatigue increases with the activity)
- Uncontrolled Seizures
- Tethered Cord Symptoms Chiari II Malformations, Hydromyelia Symptoms (all are associated with Spina Bifida)
- Spinal Cord Injury (contraindication if injury is above T-6)

Medical/ Psychological:

- Allergies
- Animal Abuse
- Physical/Sexual/Emotional Abuse
- Blood Pressure Control
- Dangerous to self or others
- Exacerbations of medical conditions
- Hemophilia
- Medical instability
- PVD
- Respiratory Compromise

Other:

- Age: under 4 years
- Indwelling Catheters
- Medications – i.e., photosensitivity
- Skin Breakdown