

# WHY DRIVING?



## Smiles

Carriage or cart driving with a horse-drawn vehicle allows a person who cannot tolerate or benefit from the more extreme up/down, side/side, back/forth movement of riding astride to still build balance, upper body and trunk strength, and response to more subtle movements from a more stable base of support. Depending on the vehicle and horse, there is still movement in all three directions, but it is less extreme and the rotational components of the movement are reduced significantly. Driving also allows a person who is not capable of sitting astride because of contractions and/or spasticity to still participate in a very exciting equine sport.



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THERAPEUTIC  
HORSEMANSHIP  
*SERVING THE GREATER ST. LOUIS METROPOLITAN AREA*

# DRIVING PROGRAM



**A unique and exciting way  
to experience horses.**

## Our Mission:

To provide equine-assisted therapy programs for individuals with disabilities in order to develop their maximum physical and psychological potential.

# DRIVING PROGRAMS



## Competition

Driving can provide an opportunity for competition on an equal basis with people without disabilities for students who wish to compete. Riders who have become discouraged about their progress as a rider because of a physical disability may find that many impairments pose no disability at all when driving. With practice, many students could compete at much higher levels as a driver than they would ever be able to do as a rider because of their physical challenges. Driving takes some of those challenges out of the picture. In many cases, people with disabilities compete on an equal basis with able-bodied competitors at internationally recognized competitions.

## Focus

Driving, however, should not be limited to persons who are incapable of riding or only those who have severe physical disabilities. In addition to the physical demands and therapeutic possibilities, driving requires a great deal of focus and attention. Driving can be very beneficial to able-bodied students who struggle with maintaining focus, attention span, self-control, and emotional stability.

## Fun

Trotting down a road or around an arena in an open cart provides a level of exhilaration that can be great fun for anyone who has never had the chance to feel the wind in their hair and who are grinning so wide they don't even notice the bugs in their teeth.



## Our Vehicles

**Wheelchair Accessible Wagonette:** Has ramp in back and uses wheelchair as alternative seat for student. This is a heavy vehicle suitable for roads, tracks, and smooth pastures but not for cross country.

**Hardwick Puddlejumper:** An all aluminum training/marathon vehicle that was custom built and modified to our specifications to allow a transfer from a wheelchair ramp or mount from a mounting block.

**Metal easy entry "Pipe cart" with bicycle wheels:** It is easy to mount from the ground or transfer from a wheelchair on the ground to its wide seat (40"). It fits a small horse to medium/small pony. This vehicle is best in arenas or smooth roads or fields.

## Our Horses

Roma: Hackney Pony, 13hh  
Roscoe: Draft Mule, 15.2hh

## About TH

Therapeutic Horsemanship (TH) is one of the nation's oldest and most respected therapeutic riding programs. Founded in 1975, TH provides award-winning equestrian therapy programs for people with disabilities. Therapeutic Horsemanship is a 501(c)(3) not-for-profit organization and is nationally accredited by the North American Riding for the Handicapped Association (NARHA).

