

CONTRAINDICATIONS AND PRECAUTIONS FOR THERAPEUTIC RIDING

The following conditions represent precautions or contraindications to therapeutic horseback riding if present in potential participants. Contraindications are symptoms or conditions that are identified as being non beneficial or harmful to a person participating in therapeutic riding. Therefore, when completing the physician's referral, please note whether these conditions are present and to what degree.

ABSOLUTE CONTRAINDICATIONS

ORTHOPEDIC

- Acute arthritis
- Acute herniated disc or prolapsed disc
- Atlanto-Axial Instabilities
- Coxarthrosis (degeneration of hip joint)
- Structural cranial deficits
- Osteogenesis imperfecta
- Pathological fractures
- Spondylothesis
- Structural Scoliosis >30 degrees
- Excessive Kyphosis or Lordosis or Hemivertebra
- Spinal fusion/fixation, Harrington Rod
- Spinal stenosis
- Unable to control trunk &/or neck movement

MEDICAL/PSYCHOLOGICAL

- Obesity or >170 lbs
- Anticoagulants
- Actively dangerous to self or others
- Actively delirious, dissociative, confused

RELATIVE CONTRAINDICATIONS AND PRECAUTIONS

ORTHOPEDIC

- Arthrogyrosis
- Heterotopic Ossification
- Hip subluxation, dislocation or dysphasia
- Osteoporosis
- Spinal instabilities/abnormalities
- Spinal orthoses
- Joint replacement
- Hyper/hypotonia
- Achondroplasia
- Amputations
- Rheumatoid/Osteoarthritis

MEDICAL/PSYCHOSOCIAL

- Abusive or disruptive behaviour
- Cancer
- Hemophilia
- History of skin breakdown or skin grafts
- Incontinence (must wear protection)
- Peripheral vascular disease
- Abnormal fatigue/Poor endurance
- Respiratory Compromised

NEUROLOGICAL

- CVA secondary to unclipped aneurysm or angioma
- Paralysis due to spinal cord injury above T6 (adult)
- Spina bifida associations – Chiari II malformation, hydromyelia, tethered cord
- Uncontrolled seizures within the last 6 months

OTHER

- Age under 2 years old
- Any condition that the instructor, therapist, physician or program does not feel comfortable accepting into the program

NEUROLOGIC

- Amyotrophic lateral sclerosis
- Fibromyalgia
- Guillain Barre syndrome
- Myasthenia syndrome
- Lou Gehrigs Disease
- Rett syndrome
- Exacerbation of Multiple Sclerosis
- Post Polio Syndrome
- Hydrocephalus/Hydrocephalic shunt
- Sensory deficits
- Serious heart condition or hypertension
- Significant allergies
- Surgery within the last three months
- Uncontrolled diabetes
- Indwelling catheter
- Myopathy/Muscular Dystrophy (MD)/Spinal Muscular Atrophy (SMA)
- Chronic fatigue immune dysfunction

FLEXION/EXTENSION X-RAY REQUIRED FOR ATRAUMATIC FACTORS THAT MAY BE ASSOCIATED WITH AN UNSTABLE UPPER CERVICAL SPINE

- Down Syndrome
- Os odontoideum
- Athetoid cerebral palsy
- Rheumatoid arthritis of cervical vertebrae
- Congenital torticollis
- Sprengel deformity
- Ankylosing spondylitis
- Congenital atlanto-occipital instability
- Klippel-Feil syndrome
- Chiari malformation with condylar hypoplasia
- Fusion of C2-C3
- Lateral mass degeneration changes at C1-C2
- Systemic lupus
- Morquio disease
- Non-rheumatoid cranial settling
- Subluxation of upper cervical vertebrae due to tumours or infection
- Idiopathic laxity of the ligaments
- Grisel's syndrome
- Lesch-Nyhan syndrome
- Marshall-Smith syndrome
- Diffuse idiopathic hyperostosis
- Congenital chondrodysplasia
- Congenital scoliosis
- Osteogenesis imperfect
- Achondroplasia
- Neurofibromatosis
- Larsen syndrome
- Spondyloepiphyseal dysplasia congenita
- Chondrodysplasia punctata
- Metatropic dysplasia
- Kniest syndrome
- Odontoid abnormalities
- Ossiculum terminale
- Third condyle
- Hypoplasia or absence of the dens
- Pseudoachondroplasia
- Cartilage-hair hyperplasia
- Scott syndrome
- Infections of the head and neck
- Tumors
- Spinal trauma
- Steroid therapy