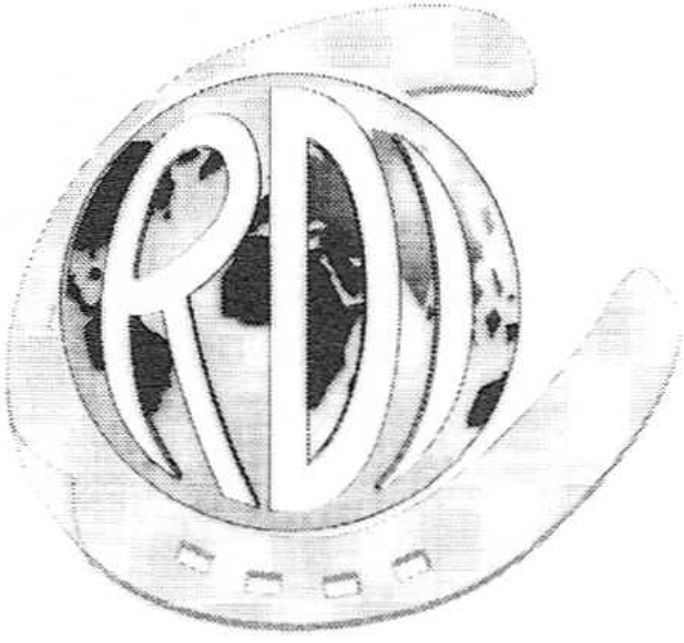

Therapeutic Riding as a University Curriculum

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There has been so much development since the early days twenty years ago. Then, many of us called what we did Riding for the Handicapped; offering horseback riding as an adapted sport and recreation for individuals with a wide variety of disabling conditions. We went on to become more sophisticated, recognising that what we did had therapeutic benefits; and in some European countries research was conducted to prove the therapeutic benefits of using the horse.