

Hippotherapy Results Table

Author, Year, Country, Design, PEDro score, Rating	Sample Size	Intervention	Outcomes and significance: (+) significant (-) not significant
<p>Kwon et al., 2015</p> <p>Republic of Korea</p> <p>RCT</p> <p>7/10</p> <p>High quality</p>	<p>N = 92 children with CP</p> <p>Age at enrollment: 4-10 years old</p> <p>CP diagnosis: 100%</p> <p>CP Type: Spastic: 84/91 (92%) Dyskinetic: 4/91 (4%) Ataxic: 3/91 (3%)</p> <p>GMFCS (Gross Motor Function Classification System): Level I: 24/91 (26%) Level II: 24/91 (26%) Level III: 23/91 (25%) Level IV: 20/91 (22%)</p>	<p>Hippotherapy & conventional physiotherapy (n=46)</p> <p>vs.</p> <p>Home-based aerobic exercise & conventional physiotherapy (n=46)</p> <p><u>Intervention details:</u></p> <p><i>Hippotherapy:</i></p> <ul style="list-style-type: none"> • 30 minutes 2x/week • 8 weeks • Total 16 sessions • Sessions given by PT extensively trained in hippotherapy - level II status from American hippotherapy association • 4 people assisted in the hippotherapy: 1 PT, 1 horse lead, 2 side walkers • Soft saddle was used • Participants wore helmets • McGibbon and colleagues protocol was used: <ul style="list-style-type: none"> - Muscle relaxation: optimal postural alignment of the head, trunk, and lower extremities - Independent sitting - Active exercises (stretching, strengthening, dynamic balance, postural control) <p><i>Home-based aerobic exercise:</i></p> <ul style="list-style-type: none"> • 30 minutes 2x/week • 8 weeks • Home-based aerobic exercise (walking or cycling) 	<p>At post-treatment (8 weeks):</p> <p><i>Gross motor function:</i> (+) Gross Motor Function Measure-88</p> <p><i>Balance:</i> (+) Pediatric Balance Scale</p>