

## The effects of hippotherapy on motor performance and function in United States Military Veterans

**Roy Lee Aldridge**

Arkansas State University, USA

**Study Design:** A-B Single-Subject Repeated Measures Design

**Objective:** To investigate if any differences are found in motor functioning and function when adding hippotherapy to a traditional physical therapy program.

**Methods:** The subjects included veterans from various branches of the United States Military. Treatment A consisted of the traditional physical therapy program with the addition of hippotherapy for 15 weeks. Treatment B consisted of a traditional physical therapy program for 15 weeks. Veterans were randomly selected to receive either Treatment A or B initially

**Results:** The initial results of this study showed that there were differences found when adding hippotherapy as an adjunct therapy to a traditional physical therapy program.

**Conclusion:** The addition of hippotherapy to a traditional physical therapy program seems to improve motor functioning in an adult with functional issues.

### Biography

Roy Lee Aldridge Jr received a bachelor's degree in Physical Therapy from The University of Tennessee in 1990 and an Advanced Physical Therapy degree in 2001 from The University of Tennessee. Roy received his Specialist Degree in 2004 and his Doctoral degree in 2008 from Arkansas State University. Roy is a level II certified therapist through the American Hippotherapy Association and is a member of their Board of Directors. Roy has been published and presented in the effects of hippotherapy.

[raldrige@astate.edu](mailto:raldrige@astate.edu)