

AHA, INC. BIBLIOGRAPHY AND REFERENCE LIST

The following is a list of published articles which describe the inclusion of hippotherapy in occupational therapy, physical therapy or speech language pathology service delivery. Please note that terminology varies, and articles may use terminology that is not consistent with the AHA Inc. Terminology Guidelines. In addition, some of the articles may describe the inclusion of both recreational activities and therapies that incorporate equines. Thoughtful consideration should be taken when reviewing and interpreting findings. New articles are represented with an * in the list below.

LITERATURE & SYSTEMATIC REVIEWS

According to the Cochrane Consumer Network, “A systematic review summarizes the results of available carefully designed healthcare studies (controlled trials) and provides a high level of evidence on the effectiveness of healthcare interventions. Judgements may be made about the evidence and inform recommendations for healthcare. These reviews are complicated and depend largely on what clinical trials are available, the quality of the methodology, and the health outcomes that were measures. Review authors pool numerical data about effects of the treatment through a process called meta-analyses. Then authors assess the evidence for any benefits or harms from those treatments. In this way, systematic reviews are able to summarize the existing clinical research on a topic” (The Cochrane Collaboration, <http://consumers.cochrane.org/what-systematic-review>, 2017).

Angoules, A., Koukoulas, D., Balakatounis, K., Kapari, I., & Matsouki, E. (2015). A review of efficacy of hippotherapy for the treatment of musculoskeletal disorders. *British Journal of Medicine and Medical Research*, 8(4), 289–297.
<http://doi.org/10.9734/BJMMR/2015/17023>

Araújo, P. A. de, Starling, J. M. P., Oliveira, V. C., Gontijo, A. P. B., & Mancini, M. C. (2020). Combining balance-training interventions with other active interventions may enhance effects on postural control in children and adolescents with cerebral palsy: A systematic review and meta-analysis. *Brazilian Journal of Physical Therapy*, 24(4), 295–305.
<https://doi.org/10.1016/j.bjpt.2019.04.005>

Bronson, C., Brewerton, K., Ong, J., Palanca, C., & Sullivan, S.J. (2010). Does hippotherapy improve balance in persons with multiple sclerosis: A systematic review. *European Journal of Physical and Rehabilitation Medicine*, 46, 347-353. PMID:20927000

*Gámez-Calvo, L., Gamonales, J. M., León, K., & Muñoz-Jiménez, J. (2021). Therapeutic effects of hippotherapy in the elderly: a review of the literature. *Camp d*, 198.

Guindos-Sanchez, L. D., Lucena-Anton, D., Carmona-Barrientos, I., Moral-Munoz, J. A., & Salazar, A. (2020). The Effectiveness of Hippotherapy to Recover Gross Motor Function in Children with Cerebral Palsy: A Systematic Review and Meta-Analysis. *Children*, 7(9), 106. <https://doi.org/10.3390/children7090106>

This list was updated on 8/6/2021. To suggest a change, addition, or update please contact the AHA Inc. Research Committee at researchcommittee@theahainc.org

- McDaniel Peters, B.C., & Wood, W. (2017). Autism and equine-assisted interventions: A systematic mapping review. *Journal of Autism and Developmental Disorders*, 47, 3220–3242. <http://doi.org/10.1007/s10803-017-3219-9>
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- Sterba, J. A. (2007). Does horseback riding therapy or therapist-directed hippotherapy rehabilitate children with cerebral palsy? *Developmental Medicine and Child Neurology*, 49(1), 68–73. <http://doi.org/10.1017/S0012162207000175.x>
- Stern, C., & Chur-Hansen, A. (2019). An umbrella review of the evidence for equine-assisted interventions. *Australian Journal of Psychology*, 71(4), 361–374. <https://doi.org/10.1111/ajpy.12246>
- *Suárez-Iglesias, D., Bidaurrezaga-Letona, I., Sanchez-Lastra, M. A., Gil, S. M., & Ayán, C. (2021). Effectiveness of equine-assisted therapies for improving health outcomes in people with multiple sclerosis: A systematic review and meta-analysis. *Multiple Sclerosis and Related Disorders*, 55, 103161.
- Tanner, K., Schmidt, E., Martin, K., & Bassi, M. (2020). Interventions Within the Scope of Occupational Therapy Practice to Improve Motor Performance for Children Ages 0-5 Years: A Systematic Review. *The American Journal of Occupational Therapy: Official Publication of the American Occupational Therapy Association*, 74(2), 7402180060p1-7402180060p40. <https://doi.org/10.5014/ajot.2020.039644>
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Developmental Medicine and Child Neurology, 53(8), 684-691.
<https://doi.org/10.1111/j.1469-8749.2011.03951.x>

PEER-REVIEWED RESEARCH PAPERS

This section includes articles that use scientific research and inquiry methods that include more than one research participant.

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<https://doi.org/10.5014/ajot.2013.008383>

Alemdaroğlu, E., Yanikoğlu, I., Öken, Ö., Uçan, H., Ersöz, M., Köseoğlu, B. F., & Kapıcıoğlu, M. I. S. (2016). Horseback riding therapy in addition to conventional rehabilitation program decreases spasticity in children with cerebral palsy: A small sample study. *Complementary Therapies in Clinical Practice*, 23, 26–29.
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Araujo, T., Silva, N., Costa, J., Pereira, Safons, M. (2011) Effect of equine-assisted therapy on the postural balance of the elderly. *Revista Brasileira Fisioterapia*, 15(5) 414-419

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Beetz, A., Winkler, N., Julius, H., Uvnäs-Moberg, K., & Kotrschal, K. (2015). A Comparison of equine-assisted intervention and conventional play-based early intervention for mother–child dyads with insecure attachment. *Journal of Occupational Therapy, Schools, & Early Intervention*, 8(1), 17–39. <https://doi.org/10.1080/19411243.2015.1026017>

Benda, W., McGibbon, N.H., & Grant, K.L. (2003). Improvements in muscle symmetry in children with cerebral palsy after equine-assisted therapy (hippotherapy). *The Journal of Alternative and Complementary Medicine*, 9(6), 817-825.
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Bîlbă, A.N., (2015). Equine therapy-Applications in the recovery of disabled children. *Journal of Experimental Psychotherapy*, 18(4), 46-53.

Cabiddu, R, Borghi-Silva, A, Trimer, et al. (2016) Hippotherapy acute impact on heart rate variability non-linear dynamics in neurological disorders. *Physiol Behav*. 15,159:88-94.
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