

The Social Benefits of Therapeutic Riding

Resource: STRIDES Therapeutic Riding, Northridge, CA

- **Friendship.** Although riding can be a solitary activity, it is normally performed in groups. Riders share a common love of horses and a common experience of riding -- a good foundation on which to build a friendship.
- **Development of respect and love for animals.** Horses require a great deal of care and attention. Riders find themselves bonding with the animals. They develop an interest in them and learn to care for them. They learn to put the needs of the horse first.
- **Increased experiences.** The variety of experiences involved in riding are endless. From tacking and grooming to trail riding, from going to horse shows to learning the parts of a horse, the rider is constantly experiencing and growing. The horse also provides the rider with the ability to go places otherwise inaccessible due to the disability.
- **Enjoyment.** There is no doubt about it, riding a horse is fun. Riders experience excitement and pleasure every time they come for a lesson.

