



## Meet The Equicizer!

### Introduction Guide For Adaptive Riding



"Hi, I am an Equicizer. I am a mechanical horse that operates on springs. There are no buttons to push or motor to turn on. Your body makes me move! You can make me stop or go anytime you want!

Therapeutic Adaptive Riding Programs use me for rider evaluations, warmups, stretching, riding practice, building up core strength, balance, vaulting, & equine assisted therapies that include PT, OT, & SLP.

This introduction guide is to offer some basic ideas to get you started using me!"

**"Let's see what we can do together!"**



### Getting To Know Some of the Basics

1. You can saddle and mount me just like you would any horse. I can be ridden by a small child or even handle the weight of two adults at the same time! You can ride me bareback, with a bareback pad, vaulting surcingle, or with any standard saddle. If using the stirrup to mount me, make sure the girth is tight, just like a real horse!
2. For me to move effectively at my best, your hips should be right in the middle of my back. If you are riding tandemly with a student, try and find the best balance point for you both so that my body is starting out level and not pitched too far forward or back.
3. If you have a student that is not able to make me move on his/her own, place your hand on my muzzle or my neck and you can easily create and control how much I move!
4. One of my favorite things to do is warm up and stretch the students to get them ready for their lessons. We can even practice some riding skills, two point, go over lesson plans, lots of things! And if students want, they can even brush and groom me just like a real horse. I can help build their confidence for the real horses!



*Gretchen Butterfield, a PATH int. Certified Therapeutic Riding Instructor, shares her knowledge & experiences using the Equicizer*

### About the Contributing Writer Gretchen Butterfield

It's my pleasure to be a part of the very special Equicizer team. As a PATH Certified Therapeutic Riding Instructor, I can attest to the great benefit that the Equicizer brings to adaptive riding programs.

While working alongside a team of incredible instructors and therapists at a program in Illinois, I have personally seen the Equicizer used in ways that allow riders to continue to develop regardless of motor skills, age, height, weight or ability.

This safe, versatile product is one that I would recommend to every facility as an absolute staple. From utilizing your Equicizer for evaluations, to offering more riding options for your group of riders.

The Equicizer opens doors and challenges the idea that adaptive riding is on horseback only! It has been a great honor to get to know Frankie Lovato and understand the mind behind the design. Made with love, intention and the desire to change lives, the Equicizer is going to be your new favorite addition to the barn!

## Here are some ideas how you can use the Equicizer for your program!



**Evaluations-** The Equicizer is the perfect tool to use in evaluation settings. Gauge your rider's stability, balance, confidence and willingness to participate before beginning a session. Evaluate their range of motion, ability to follow directions, and get a general idea of how comfortable they will be on an actual horse.



**Inability to Ride-** Do you have a rider with an involved diagnosis who may not be appropriate for traditional lessons? Consider using the Equicizer to offer recreation and strength building activities while keeping your rider safe with side walker support and less variables than in a traditional lesson.

**Mount and Dismount Practice-** To grow in independence, utilize your Equicizer to practice balanced mounting and dismounting. Pair your side walkers to your student to go over the best mounting and dismounting process for that student using your Equicizer first before their real lesson. Even rehearse your lesson plan for the day!



**Volunteer Training-** Offer extra training to your team of volunteers with the Equicizer. Volunteers can practice side walking, different holds, and emergency dismounts on the Equicizer before bringing their skill set into the arena.



**Preparatory Method-** Do you have a rider that needs some time to stretch, activate muscles, or warm up before riding? Use your Equicizer to warm up before a session and stretch the hips, back, and core while doing unmounted stretching or even yoga!



**Therapeutic Setting-** Does your center have a team of licensed physical, occupational or speech therapists? The Equicizer is a great tool for your therapists as well! They can ride tandem with their client on the Equicizer to offer more support while performing facilitation and approximation of key muscle groups.

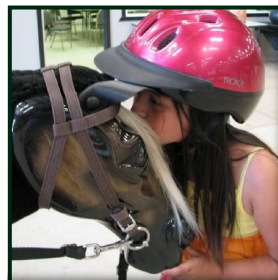
**Transitional Tool-** Do you have a rider that is extremely unsure and nervous about getting on a horse for the first time? Use the Equicizer as the perfect transition tool from greeting our Equicizer friend to greeting your equine friend.



**Spooky horse?** While all programs would be blessed to have an abundance of completely bomb proof horses, we know there are always situations that could make our equine friends nervous. Use the Equicizer to do those activities that your equine friend may not tolerate such as around the world, shooting baskets, roping, or whatever else you can dream up!



**Introduction to Vaulting-** Vaulting is an excellent option for all ages and abilities! To introduce a new participant to vaulting, use your Equicizer to gauge balance and try new vaulting tricks and positions before taking these skills into the arena.



**Handy Alternative!** Dealing with that unexpected lameness, client fear/apprehension, severe allergies, or bad weather? The Equicizer would be a good alternative to keep lessons going!

*The Equicizer has been serving programs, centers & private homes world-wide for over 30 years.  
Uses are only limited to your imagination!*



We invite you to join our Facebook group Equicizer Therapy. A place for learning & sharing!  
<http://facebook.com/groups/EquicizerTherapy>

Wooden Horse Corporation, 819 W Dublin Rd, Norwalk Ohio—Ph: 419-663-1472 Email: [info@equicizer.com](mailto:info@equicizer.com) Web: [Equicizer.com](http://Equicizer.com)