

# Winslow RELEASE

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**WINSLOW THERAPEUTIC  
RIDING UNLIMITED, INC.**

328 Route 17A  
Warwick NY 10990  
(845) 986-6686  
[www.winslow.org](http://www.winslow.org)

## Did You Know There Were so Many Benefits from Riding a Horse?

**WARWICK, NY** – At Winslow Therapeutic Center, we use the movement of the horse to heal body mind and spirit. Riding a trained horse who instinctively knows he carries a special passenger, lets trust and friendship begin. Physically, the movement of the horse strengthens and stretches muscles, improves balance and coordination, and encourages learning. *Unlike most therapies, therapeutic riding is fun. It also produces results.*

*Benefits expected from Therapeutic Horseback Riding...*

### **Physical:**

Improved coordination & normalized muscle tone, relaxation of spastic muscles/ facilitation of flaccid muscles, improved posture, sitting and standing balance, improved gross and fine motor skills, increased functional range of motion and muscular strength, improved perceptual motor/sensory motor integration, improved cardiovascular function and stamina.

### **Cognitive:**

Increased vocabulary- application and recall, improved attention and concentration, improved sequencing and planning skills, improved judgment and critical thinking skills, improved flexibility in thinking, increased verbal integration and participation, increased visual and auditory discrimination.

### **Psycho-Social:**

Increased self confidence, self-esteem, and self control, mastery of a difficult task, increased understanding of consequences/ cause and effect, increased desire or responsibility, improved positive social interactions and teamwork, increased ability to appropriately solicit and act independently, increased desire to take risks, increased empathy and sense of empowerment, interaction with positive role models, experience of success in a supportive environment.

Winslow offers programs for both able-bodied and the disabled. Winslow is accredited and certified as a premiere center by the North American Riding for the Handicapped Association and is funded in part by the Orange County Youth Bureau.

For more information about our programs, to volunteer, make a monetary donation, or a donation of supplies and/or services, or to simply come for a tour, please call (845) 986-6686, write to Winslow Therapeutic Center, 328 Route 17A, Warwick, NY 10990, or visit us on the web at [www.winslow.org](http://www.winslow.org).

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Gina rides "Royal" once a week and is supported by Program Coordinator Jane(L) Pam, a volunteer and Elaine, Physical Therapist. *Photo: Jaime Phillips*



*Photo by Jaime Phillips*  
"Lakota" is one of the 19 horses helping people at Winslow