



Release Your Inner Cowboy.  
*(or girl)*



**MYHEROES, LLC.**  
OVERCOMING OBSTACLES, ONE HOOOF AT A TIME

Hippotherapy Services For Special Needs Children and Adults

at **Chastain Horse Park**  
4371 Powers Ferry Rd  
Atlanta, GA 30327

[www.myheroestherapy.com](http://www.myheroestherapy.com)

(678) 984-7774

## Fees

Hippotherapy sessions are \$195/session and last for one full hour. Sessions begin at the top of every hour and the final ten minutes of the hour are allotted for horse changes and parent/therapist discussion. Fees are inclusive of all therapist fees, volunteer needs, barn fees, tack and equipment needs, including helmet if necessary. There are no additional charges.

## Schedules

My Heroes has three (3) 14 week semesters per year: Summer, Fall, and Winter/Spring. Session slots are dedicated at the beginning of each semester and are for 1 session/week

## Payments/Insurance

Payments are made up front to hold the slot and can be either be paid in full at \$2730 prior to start of semester or divided into two equal payments of \$1365, the second of which will be expected mid-semester. Every effort will be made to schedule make-ups for missed sessions. While Medicaid/Medicare and any state run insurance are **NOT ACCEPTED** we do bill commercial insurance just as any outpatient therapy clinic. Any reimbursed visits will be repaid to the patient/family as they are received. Total reimbursement will depend upon your particular plan.

[www.myheroestherapy.com](http://www.myheroestherapy.com)

### What is hippotherapy?

From the start it should be understood that hippotherapy is not a separate form of therapy. It is physical, occupational, or speech therapy just as you'd find it in its conventional form. The only difference is the primary treatment tool--the horse. In a traditional clinic the therapist may utilize any number of tools--bolsters, exercise machines, balance beams, gait trainers, ball pits, etc--in hippotherapy it is the horse.

### What makes the horse such a wonderful treatment tool?

The fundamental answer is its unique movement. By imparting a simultaneous three dimensional force to the rider's hips that almost directly simulates human gait it is forcing the rider to strengthen in a functional manner. What that means is that while the rider is maintaining his or her balance over the horse their body is gaining strength in all those muscles, large and small, that are responsible for keeping them stable and balanced--what can also be called 'core strength'. And the fact that the movement is repetitive, rhythmic, and consistent allows the body to develop new and lasting pathways that translate into functional abilities such as walking, running, jumping and playing.

### Is it safe?

Absolutely. When performed under the proper supervision of trained professionals and in accordance with the standards and practices set forth by such governing bodies as PATH (Professional Association of Therapeutic Horsemanship) and AHA (American Hippotherapy Association), hippotherapy is a very safe and controlled form of therapy. My Heroes, in particular, is run out of a PATH premier accredited site, the highest designation of safety standards for a riding facility according to the Professional Association of Therapeutic Horsemanship.

### Who can participate?

Most any population suffering from impairments in balance, sensory integration, strength and coordination can benefit. This includes but is not limited to:

- Cerebral Palsy
- Multiple Sclerosis
- Traumatic Brain Injury
- Autism
- Cancer
- Down Syndrome
- Developmental Delay
- Spinal Cord Injury
- Stroke