



Horseback riding

Quick recap

Beth shared her experience with a stroke support group and her newfound interest in horseback riding, which she discussed with her instructor Gail Todter. The group explored horseback riding as a form of therapy and emotional support, with Beth and Gail highlighting the benefits for balance and overall well-being.

Summary

Empowering Recovery through Riding

Beth introduced her horseback riding instructor, Gail Todter, and shared her experience of starting horseback riding after a stroke. Beth discussed how riding helped improve her balance and taught her to use her whole body, rather than relying solely on her legs. She emphasized the importance of finding an activity that brings joy and taps into new abilities, encouraging others to pursue activities they love.

Journey to Trust in Riding

Beth and Gail discussed Beth's journey with horseback riding, focusing on overcoming initial fears and developing trust with the horse. Gail emphasized the importance of safety and communication, while Beth highlighted the unique experiences and lessons gained from riding different horses. They also touched on the role of the horse as a sentient being and the mutual growth experienced during their sessions.

Horse Therapy for Stroke Recovery



The group discussed horseback riding as a form of therapy, with Beth and Gail sharing their experiences. Beth, who had no prior horseback riding experience before her stroke, found it to be beneficial for her balance and overall well-being. Gail explained how horseback riding helps with body tension and relaxation, particularly for stroke survivors. The group also discussed the importance of finding activities that bring joy and happiness, even with limitations.