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## Heartbeat Serving Wounded Warriors

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### **Team Heartbeat,**

Have you ever wondered what the difference is between hippotherapy and therapeutic riding?

- Hippotherapy is a clinical therapy program and should not be confused with therapeutic or recreational riding. With hippotherapy, the warrior sits on the horse and uses its movement as a physical therapy. They walk in a circle and do specific exercises as given by the clinician.
- Therapeutic riding teaches the rider to control the horse using such skills as reining and use of aids.

While Heartbeat does not offer therapeutic riding, this month's newsletter provides information on our Back in the Saddle Warriors™ (BITS) program, Heartbeat's clinical and evidence based Equine Assisted Therapy which consists of hippotherapy.

Check out our [NEW WEBSITE](#) for additional Hippotherapy FAQ!



Wounded Warrior, Mike with his horse Davis that he used in Hippotherapy

Wounded Warrior, James leaning forward to get a better stretch for his injuries



Wounded Warrior on the horse Vision with volunteer sidewalkers, OT Laura and PATH certified trainer and BITS Program Director Elisia

## Hippotherapy vs Therapeutic Riding

Hippotherapy	Therapeutic Riding
Completed by professional therapist (OT, PT, or Speech Therapist) in conjunction with a professional horse handler Certified by PATH	<ul style="list-style-type: none"> <li>Completed by professional horse riding instructor in conjunction with volunteers including a therapist who may be involved as a consultant</li> </ul>
Direct hands on participation by therapist at all times	<ul style="list-style-type: none"> <li>Occasional hands on assistance riding instructor and/or volunteer, instructor primarily teaching from center of arena</li> </ul>
The horse's movement and temperament is essential to assist in meeting therapy goals	<ul style="list-style-type: none"> <li>The horse's temperament is essential to learn riding skills</li> </ul>
The goal of Hippotherapy is professional treatment to improve neurological functioning in cognition, body movement, organization, and attentional levels	<ul style="list-style-type: none"> <li>Therapeutic riding aims to provide social, educational, and sport opportunities in recreational horse riding lessons adapted to individuals with disabilities</li> </ul>
1 on 1 treatment and generally occurs year-round until the client meets discharge criteria	<ul style="list-style-type: none"> <li>Often taught in a group format, which runs in "sessions". The instructor responds to the group as a whole, in addition to fostering individual success</li> </ul>
The treating therapist continually assesses and modifies therapy based on the client's responses	<ul style="list-style-type: none"> <li>Focus on the group lesson is encouraged, along with emphasis on proper riding position and rein skills</li> </ul>

Check out our [NEW WEBSITE](#) for a great information flyer on [How Hippotherapy Works!](#)



### **Hippotherapy, charitable organization helps wounded warriors**

Back in the Saddle Warriors™ (BITS) was visited April 9, 2013 by Sgt Spradlin of JBLM Public Affairs to do a story on our program for Wounded Warriors. Along with interviewing Janice on what the program has to offer, she talked with Army Sgt. Michael Buccieri on his experience with Heartbeat's BITS program.

Sgt. Buccieri was wounded during a deployment to Afghanistan in 2011. He has responded positively both physically and emotionally to hippotherapy and recommends it to other wounded warriors as a positive way to get exercise and improve their daily moods.

[Read the full article here.](#)

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**Sgt. Mike Buccieri shares his experience with BITS**

**Back in the Saddle Warriors™**

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### **Charity of the Month**

Bonneville Media of Seattle including their partners, The Seahawks, Carter Subaru, Les Swab Tires, chose Heartbeat Serving Wounded Warriors as Charity of the Month for November on radio stations, KTTH, KIRO, ESPN.

Audio of interview with one of our Wounded Warrior Hero Sgt. Buccieri talks about his experience with the BITS program.



**Heartbeat - Charity of the Month in November**

Additional videos can be found on our BITS YouTube playlist:



## How you can help with Back in the Saddle Warriors™

Like all programs that Heartbeat offers, Back in the Saddle Warriors™ program is free to qualified wounded warriors. Heartbeat relies on donations and volunteers for all its programs. Below is our "Needs Wishlist" for services that are needed to support the Back in the Saddle Warriors™ program.

1) Our biggest wish is for a Heartbeat Ranch facility to include:

- 30-50 acres with housing for therapists to use as an office
- Therapists for our therapy programs
- A barn and indoor or covered arena (60x120 or more)
- A heated viewing room
- Pastures for the horses to go out and be a horse
- Enough room to include a pool for our Scuba Warrior program
- Cabins for warriors to stay
- A Heartbeat office

We are renting an equine facility right now

2) Funds to pay for a Physical Therapist that is Hippotherapy trained and has good experience with horses. We believe the going rate would be \$50-\$75 an hour. At this point, we do the program on Tuesdays from 12-4. This will allow us to serve more wounded warriors outside the WTB.

3) We are always looking for more volunteers that are comfortable and experienced working with horses. Volunteers must be 16 or older and must be able to handle helping a Soldier dismount in an emergency.



Our new BITS patch

For more videos, pictures and stories, check out the [Back in the Saddle Warriors™](#) program on our [NEW WEBSITE!](#)

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### **Spread the word!!**

AmazonSmile is a simple and automatic way for you to support Heartbeat Serving Wounded Warriors every time you shop, at no cost to you. When you shop at smile.amazon.com, you'll not only find the exact same low prices, vast selection and convenient shopping experience as Amazon.com, but you have the added bonus that Amazon will donate .5% of the purchase price to Heartbeat Serving Wounded Warriors!!

Go to: <http://smile.amazon.com/ch/03-0547294> to use Heartbeat as your favorite charitable organization.

As always we appreciate all of your [donations](#), but can always use more help. It doesn't matter if its \$5, \$10, or \$25, whatever you can give it, all goes towards helping these warriors get back the lives they once had.

We cannot serve these brave wounded men and women warriors and their families without you.

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Did we mention our [NEW WEBSITE?](#) We think you'll be pleasantly surprised with our remodel!

Thank you for all your support.

Heartbeat Serving Wounded Warriors

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