

BRAVEHEARTS' CLINIC

Our specially designed clinic provides a setting conducive to addressing many types of therapy needs.

A variety of techniques and strategies are incorporated into individualized treatment plans to maximize outcomes and achieve the highest level of function.

BraveHearts at the Bergmann Centre offers traditional therapy to clients of all ages. Our clinic has two private therapy rooms as well as a large therapy area for services.

BraveHearts at the Bergmann Centre accepts certain insurance companies for coverage as well as having a relationship with the Division of Specialized Care for Children and Early Intervention.



"When activities have a sense of *meaning* and *purpose*, they influence changes for the participant that can *transcend* into all aspects of daily life. Hippotherapy is unique because it allows us to feel normal movement patterns that can't otherwise be simulated in a clinic."

-E. Jeanni Bonine OTR/L, HPCS

"BraveHearts is more than a therapy center it is a place for children like my daughter to be free. It's a beautiful site when I see empty wheelchairs and brave little kids up on the horses....It melts my heart, I guess that's why it's called BraveHearts."

-Danielle Harriot, a BraveHearts' Mom

To learn more, please visit our
website at:
www.braveheartsridding.org

BRAVEHEARTS

presents

OUTPATIENT CLINIC SPECIALIZING IN HIPPO THERAPY



PHYSICAL

OCCUPATIONAL

& SPEECH THERAPY

**BraveHearts at the Bergmann
Centre**

Farm Location: 4950 Route 173 ♥ Poplar Grove, IL 61065

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BraveHearts is a PATH Intl.

Premier Accredited Center & an AHA

Registered Member Center



WHAT IS HIPPO THERAPY?

Hippotherapy is a therapy treatment strategy, which utilizes equine movement as part of an **integrated** intervention plan to achieve functional outcomes. Hippotherapy as a treatment strategy is supported by over 20 peer-reviewed journal articles.

- ♥ Equine movement provides multidimensional movement. It is rhythmical and repetitive, yet variable. This helps facilitate trunk strength, core stability and overall muscle tone.
- ♥ The therapist can manipulate the type of movement, direction, pattern, activity and position of the client to address motor planning, postural responses, sensory processing, attention and coordination.
- ♥ Hippotherapy, as a treatment strategy, provides an effective palate for promoting neurophysiological functions which support a wide range of meaningful and daily living skills.

PHYSICAL, OCCUPATIONAL & SPEECH THERAPY

Hippotherapy, as a treatment strategy and equine-assisted activities can be incorporated by a trained PT, OT, or SLP. Therapists provide treatment techniques according to their discipline and scope of practice to best address the needs of the client.

WHY THE HORSE?

- ♥ The horse's walk stimulates movement response in the client, similar to the movement patterns of a person's pelvis while walking and can be adjusted to facilitate the participant's responses.
- ♥ Motivation and meaningfulness of activities within the treatment session directly translate to client improvements. The horse and barn provide a natural feeling which helps clients to better engage in the therapy process.
- ♥ The horse and barn provide a sensory rich environment to address many types of sensory needs.
- ♥ Equine-Assisted Activities encompass a holistic approach and can address physical, emotional and social needs.



WHO CAN BENEFIT?

Clients must be at least two years old to participate in hippotherapy. Many clients can benefit from hippotherapy as a treatment strategy and equine-assisted activities, including those with:

- ♥ Cerebral Palsy
- ♥ Autism Spectrum Disorder
- ♥ Down syndrome
- ♥ Developmental Disability
- ♥ Sensory Processing Disorder
- ♥ Spin a Bifida
- ♥ Traumatic Brain Injury or Stroke
- ♥ Multiple Sclerosis

INDIVIDUALIZED TREATMENT

Therapy services at BraveHearts are highly individualized. The therapist works closely with the participant and/or family to develop meaningful goals and designs a treatment plan utilizing evidenced-based strategies to address the participant's needs.

What to Expect:

- ♥ A thorough and comprehensive evaluation and/or assessment.
- ♥ An integrated treatment approach with caring and highly trained clinicians.
- ♥ A safe and enjoyable atmosphere for the therapy.