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May 5, 2012

Debbie Silkwood-Sherer PT, DHS, HPCS  
President, American Hippotherapy Association  
P.O. Box 2014  
Fort Collins, CO 80522-2014

Dear Dr. Silkwood-Sherer:

On behalf of the American Physical Therapy Association's (APTA) more than 80,000 member physical therapists, physical therapist assistants, and students of physical therapy, I am happy to provide a letter to the American Hippotherapy Association on the use of a hippotherapy as a treatment strategy that is an appropriate part of physical therapy practice. Physical therapists' practice in a wide variety of settings and perform evidenced-based screening and evaluation for individuals with neuromuscular, cardiovascular, integumentary, and musculoskeletal conditions and provide interventions that focus on mobility and function to enable an individual's participation and improving their quality of life.

The physical therapy plan of care is based upon an individualized examination and evaluation of the patient to address impairments and functional and participation limitations and environmental barriers. The plan of care consists of the patient's/client's goals and intended outcomes and the treatment strategies and interventions directed to achieve a functional outcome. Hippotherapy is a treatment strategy that when incorporated into the physical therapist plan of care utilizes the equine movement as part of an integrated program to achieve outcomes such as improved balance, strength and flexibility. In cases where a physical therapist treatment plan utilize hippotherapy, the services rendered by that physical therapist, in such a context, should be recognized as physical therapy interventions and not the specific treatment strategy, device, equipment or adjunct used to deliver these interventions. In contrast, therapeutic horseback riding in which the goal is to achieve the skill of riding or other equine-related activities is not considered physical therapy intervention due to it not being a component of the individuals' physical therapy plan of care.

While the 2003 *Guide to Physical Therapist Practice* does not specifically mentioned hippotherapy, it is considered a treatment strategy consistent with interventions of therapeutic exercise. The *Guide* states that therapeutic exercise may include "balance and coordination training; motor function training or retraining; neuromuscular education or re-education; neuromuscular relaxation, inhibition and facilitation; perceptual training; posture awareness training; and sensory training or retraining".

When an individual's physical therapy plan of care includes hippotherapy as a treatment strategy it is appropriate for services to be billed as neuromuscular education, therapeutic exercise, therapeutic activities or sensory integration, depending the intent of the intervention, the patient goals, and assuming all other payer requirements are met.

Thank you and if you need any further information, please feel free to contact APTA's Clinical Practice and Research Department at [practice@apta.org](mailto:practice@apta.org)

Sincerely,

A handwritten signature in black ink, appearing to read "R. Scott Ward". The signature is stylized and cursive, with a large initial "R" and "S".

R. Scott Ward, PT, PhD  
President

RSW/jm/mfd