



Xenophon Waitlist Procedures

In order to be added to the waitlist please fill out the attached documents and return to our Program Director, Danielle Coburn, at P.O. Box 16, Orinda, CA 94563. Once we receive all completed documentation you will formally be added to either the Therapy Services waitlist or the Therapeutic Riding waitlist. Currently our wait list is approximately 4-5 years long.

When a rider has reached the top of the waitlist, they are contacted for follow-up paperwork. When this paperwork is completed and received, an assessment/evaluation is scheduled. The assessment/evaluation will be conducted by a licensed therapist or a PATH Intl. certified instructor depending on which program the client is interested in participating in. The purpose of this assessment/evaluation is to ensure each participant is appropriate for our programs and that goals and strategies for success are identified early on. Only upon completion of this assessment/evaluation will the therapist or instructor determine if a participant is eligible to begin our programs.

Xenophon's Programs

We have two programs: Therapeutic Riding and Hippotherapy (as the treatment strategy of choice in Physical or Occupational Therapy).

Therapeutic Riding uses the multidimensional movement of the horse to positively affect physical, psychological, and behavioral functioning in order to ride. In Therapeutic Riding, basic horsemanship skills are integrated with specific therapy goals. Therapeutic Riding is offered to children ages 5 to 18 years of age, with any diagnosed disability.

Hippotherapy (from the Greek "*hippo*" meaning "horse") is a treatment strategy used by our Physical and Occupational Therapists. This therapy service is open to children ages 2 to 18 years of age and includes both physical and occupational therapy. In Hippotherapy, a licensed physical or occupational therapist works on individualized therapy goals, using the horse as their modality of choice. These goals are designed to address deficits in motor function, balance, muscle tone, proprioception, coordination and communication. The horse provides a three-dimensional, repetitive motion that facilitates improvement in all of these areas. The ability to adjust the rider's position in relation to this movement, as well as to adjust the horse's movement to improve receptor input, is not possible to create in a typical clinical setting. The relationship that occurs between the rider and the horse then provides a motivation and enthusiasm that further enhances the therapy experience. Riding skills are not taught in Hippotherapy, rather the emphasis is on physical/occupational goals designed to increase daily living and life skills.

Xenophon Fee Information

Xenophon operates 35 weeks a year split into five sessions that are 6-8 weeks long. Riders and patients are seen once a week at the same time each week. Therapeutic Riding lessons are held Monday through Thursday afternoons and Saturday mornings and Hippotherapy treatments are held Monday, Tuesday, Wednesday, and Thursday afternoons.

Therapeutic Riding

\$50.00 Therapeutic Riding Assessment

\$50.00 per 30-minute lesson

Full Session payment is due at the beginning of each Session.

Hippotherapy:

\$135.00 Initial Evaluations

\$135.00 Re-evaluation

\$100.00 per 30-minute treatment session

Payment is due at the time of service.

PRECAUTIONS or CONTRAINDICATIONS

The following conditions, if present, may represent **PRECAUTIONS** or **CONTRAINDICATIONS** to therapeutic horseback riding/Hippotherapy. *Therefore, when completing this form, it is important note whether these conditions are present, and to what degree.*

Orthopedic

Amputations
Acute herniated disc
Spinal Fusion
Spinal Instabilities/ Abnormalities
Atlantoaxial Instabilities
AtlantoDens X-Rays Result Positive
Structural Scoliosis greater than 25-30 degrees
or excessive Hemivertebrae
Kyphosis/ Lordosis
Hip Subluxation and Dislocation
Osteoporosis (severe)
Pathologic Fractures
Coxas Arthrosis
Heterotopic Ossification
Osteogenesis Imperfecta
Cranial Deficits
Spondylolisthesis
Spinal Orthoses
Internal Spinal Stabilization Devices
(such as Harrington Rods)
Unstable spine including subluxation of the
cervical spine
Fractures with casts
Rigid Orthotics
Lack of trunk/head control

Neurological

Hydrocephalus/shunt
Spina Bifida
Tethered Cord
Chiari II Malformation
Hydromyelia
Paralysis due to Spinal Cord Injury (above T-9)
Seizure Disorders

Medical/Surgical

Acute stage of arthritis
Anti-coagulant medication
CVA - secondary to unclipped
aneurysm
Drug dosages causing inappropriate
physical states
Exacerbation of multiple sclerosis
Open pressure sores/wounds on
contact surfaces
Allergies to Grasses, Animals and Dust
Cancer
Poor Endurance
Recent Surgery
Diabetes
Peripheral Vascular
Presence of other aneurysms
Disease Varicose Veins
Hemophilia
Hypertension
Serious Heart Condition
Stroke (Cerebrovascular Accident)

Secondary Concerns

Behavior Problems
Acute exacerbation of chronic disorder
Indwelling catheter
Inability to wear protective headgear

Xenophon Wait List Intake Questions

Please be as specific as possible!

Name of participant: _____ Date: _____

Name of parents or guardians: _____

Relationship to participant: _____

Home #: _____ Cell #: _____

Address: _____

Email: _____

Referred by: _____

Height: _____ Weight: _____ Gender: _____

D.O.B.: _____ Age: _____

Primary Diagnosis: _____

Secondary Diagnosis: _____

After learning about the objectives and cost of each program, we are most interested in: Hippotherapy Therapeutic Riding

**Anyone under 5 years of age is automatically placed in Hippotherapy.*

If Hippotherapy is your first choice, which would you prefer:

Physical Therapy Occupational Therapy

Does the individual receive any other therapies and if so, what and how often?
(e.g., PT 1x/wk, OT 1x/wk, and school based OT, ST, and PT)

What other activities is your child involved with?
(e.g., swimming lessons, baseball, social groups)

What interests does your child have?
(e.g., animals, cars, coloring)

Does your child have an aide at school? Are they in a self-contained classroom? Or a service dog? (*e.g., yes, my child has an aide, and he is in a self-contained classroom*)

Does your child follow directions? 1-step? 2-step? 3-step?

Does your child have age-appropriate safety awareness?
(*if not, describe safety challenges*)

Is your child on medications and if so what?

How does your child communicate? (*i.e. speech, sign language, communication device*)

How does your child best learn?
(*e.g., visually, auditory, etc.*)

Does your child get frustrated or overloaded easily?
(*e.g., yes or no*)

If so, what are potential triggers?
(*e.g., when routine changes without warning, new environment, loud noises, etc.*)

How does your child calm down from a trigger?

How does your child interact socially with his/her peers?

What are some of your child's dislikes?

(e.g. afraid of dogs, doesn't like the sound of vacuuming, hates it when people eat in front of him, doesn't like light touch)

Does your child ever experience seizures and if so, what are they like, when was the last one, and what are the potential triggers? How are the seizures controlled?

(e.g., grand mal, myoclonic, absence. Triggers may include certain sights or stress or fever)

Head Control:

Can your child hold his/her head in midline? Y___ N___

For how long?

Can your child sit? Y___ N___

Independently___

With assistance/propping___

Mobility:

Can your child pull to stand? Y___ N___

Does your child crawl? Y___ N___

Does your child walk? Y___ N___

Independently walking___

With assistive Devices___

AFO___ Bilateral___ Left___ Right___ Wheelchair___

Walker___ Crutches___ Cane___

Does your child have issues with things on his/her head?

Does your child have any prior riding experience?

What short term and long term goals would you like to accomplish by participating in our programs?

Please check areas of concern that you have:

Gross motor coordination

Walking, jumping

Balance/ Coordination

Strengthening

Range of motion

Muscle tone management

Behavior management

Self-regulation

Fine motor coordination

Auditory processing

Body awareness

Visual-motor skills

Play skills

Sensory integration

Communication

Articulation

Speech/Language

Social skills

Independent Riding

Following directions

