



**TOOL A - ER**  
**EQUESTRIAN REHABILITATION**  
**EVALUATION QUESTIONNAIRE**  
**Professionals**

Psychologist/Operator code (2) \_\_\_\_\_

Name \_\_\_\_\_ Surname \_\_\_\_\_ Patient code (1) \_\_\_\_\_

Evaluation date (5) \_\_\_\_\_ Age (3) \_\_\_\_\_

Diagnosis (4/7) \_\_\_\_\_

(9) Duration of treatment:

- Less than 6 months
- More than 6 months
- More than 1 year
- specify, many (7) \_\_\_\_\_

(8) Phases:

- Hippotherapy
- Equestrian rehabilitation
- Pre-sporting riding
- Horse Carousel



**A) AUTONOMY AREA**

**A. GENERAL AUTONOMY**

A.1 Does s/he take care of his/her belongings?

- Never
- Sometimes
- Often
- Always

A.1.1 Does s/he dress appropriately?

- Never
- Sometimes
- Often
- Always

A.1.2 Can s/he recognize the places of reference?

- Never
- Sometimes
- Often
- Always

A.1.3 Does s/he properly use riding school's space?

- Never
- Sometimes
- Often
- Always

A.1.4 Does s/he manage the horse independently?

- Never
- Sometimes
- Often
- Always

A.1.5 Does s/he manage his/her own physiological needs independently?

- Never
- Sometimes
- Often
- Always



A. SOCIAL AUTONOMY

A.2 Can s/he recognize different roles?

- No
- Yes, the reference person only
- Yes, the reference person and trainer only
- Yes, everyone

A.2.1 Does s/he behave following social rules and habits?

- Never
- Sometimes
- Often
- Always

A.2.2 Does s/he greet upon arrival?

- No
- Yes, sometimes
- Yes, only to respond
- Yes, spontaneously

A.2.3 Does s/he greet when leaving?

- No
- Yes, sometimes
- Yes, only to respond
- Yes, spontaneously



**B. SOCIAL AUTONOMY**

**B. POSTURE – BALANCE: STATIC/DYNAMIC**

B.1 Can s/he keep an upright posture on the ground?

- No
- Yes

B.1.2 Does s/he keep a static balance on the ground?

- Never
- Sometimes
- Often
- Always

B.1.3 Does s/he keep a dynamic balance on the ground?

- Never
- Sometimes
- Often
- Always

B.1.4 Does s/he achieve the right set-riding on the horse?

- Never
- With help
- With little help
- Independently

B1.4.1 Does s/he keep static balance while the horse is not moving?

- No
- Yes

B1.4.2 Does s/he keep dynamic balance while the horse is not moving?

- No
- Yes

B1.4.3 Does s/he keep dynamic balance while the horse is moving?

- No
- Yes

B1.4.4 Does s/he keep dynamic balance while the horse is trotting?

- No
- Yes



B1.4.5 Does s/he keep the required set-riding while the horse is moving?

- No
- Yes

B. POSTURAL STEPS

B.2 Does s/he successfully change the posture in order to clean and prepare the horse on the ground?

- Never
- With help
- With little help
- Independently

B.2.1 Can s/he mount the horse?

- Never
- With complete help
- With little help
- Independently

B.2.2 Can s/he dismount the horse?

- Never
- With complete help
- With little help
- Independently

B. MAKE SIMPLE AND COMPLEX HAND-EYE COORDINATION ACTIVITIES

B.3 Can s/he perform simple tasks during caring, harnessing, holding reins of the horse, ?

- Hold the longe (B.3.1)
- Hold the brush (B3.11)
- Use the brush (B.3.12)
- Hold the reins (B.3.13)

B.3 Can s/he perform complex tasks during caring, harnessing, holding the reins of the horse?

- Wire the longe (B.3.21)
- Put on the bite (B.3.22)
- Tighten the girth (B.3.23)
- Tie the cap (B.3. 24)



B. BODY IMAGE

B.4 Is s/he able to correctly indicate different parts of his/her own body?

- Never
- With a lot of help from the operator
- With a little help from the operator
- Independently

B. LATERALIZATION

B.5 Acquired lateralization

- No
- Yes

B. RHYTHM

B.6 Is s/he able to follow the rhythms of the horse gaits?

- No
- Yes

B. USE OF MOVEMENT

B.7 Is the use of movement purposeful?

- Never
- Sometimes
- Often
- Always

B.7.1 Is the use of movement functional?

- Never
- Sometimes
- Often
- Always



## **C. NEURO-PSYCHOLOGICAL AREA**

### **C. ATTENTION**

C.1 Is s/he able to differentiate between relevant and irrelevant stimuli?

- Never
- Sometimes
- Often
- Always

C.1.1 Can s/he pay attention to several stimuli simultaneously?

- Never
- Sometimes
- Often
- Always

C.1.2 Is s/he able to keep the attention focused for the time required to perform a task?

- Never
- Yes, for a simple task (one action)
- Yes, for a task of moderate complexity (two actions)
- Yes, for a complex task (three, four actions)

### **C. MEMORY**

C.2 Does s/he remember a sequence of actions just after being suggested by the operator?

- Never
- Sometimes
- Often
- Always

C.2.1 Does s/he remember the sequence of actions suggested in previous meetings?

- Never
- Sometimes
- Often
- Always

C.2.2 What kind of strategy does s/he use for the mnemonic recall?

- S/he is not able to recall, needs supervision
- S/he observes equal peers or asks adults for help and suggestion on each phase of the action



- S/he observes equal peers or asks adult for help only to receive an initial suggestion
- No alternative strategy (able to recall)

## **D. AFFECTIVE-EMOTIONAL AREA**

### **D. SELF ESTEEM**

D.1 S/he presents a level of self esteem:

- Inadequate
- Adequate

### **D. TOLERANCE TO FRUSTATION**

D.2 Does s/he tolerate frustration during the performance of a task?

- No
- Yes, if motivations are given and with emotional support
- Yes, only if motivations are given
- Yes

D.2.1 Does s/he react to frustration properly?

- Yes
- No

### **D. MOOD**

D.3 Mood state?

- Unstable
- Poor responsiveness to events
- Excessive responsiveness to events
- Appropriate to the events

### **D. MOTIVATION**

D.4 Does s/he agree to participate in activities planned?

- Never
- Sometimes
- Often
- Always





D.4.1 Does s/he accept to mount the horse?

- Never
- Only if strongly stimulated
- Only with little stimulus
- Autonomously

D.4.2 Is s/he consistent in carrying out the activities undertaken?

- Never
- Sometimes
- Often
- Always

D. RELATIONSHIP WITH THE EQUESTRIAN INSTRUCTORS

D.5 Does s/he accept to interact with the equestrian instructors from the riding school?

- Never
- With a lot of help from the operator
- With a little help from the operator
- Spontaneously

D5.1 Does s/he accept to interact with his/her own instructor?

- Never
- With a lot of help from the others
- With a little help from the others
- Spontaneously

D. RELATIONSHIP WITH THE PEERS

D.6 Does s/he accept to interact with his/her peers?

- Never
- With a lot of help from the operator or the equal peers
- With a little help from the operator or the equal peers
- Spontaneously

D.6.1 Does s/he participate to group activities?

- Never
- With a lot of help from the operator or the equal peers
- With a little help from the operator or the equal peers
- Spontaneously



D.6.2 Which role does s/he play in the group?

- Negative or lonely leader
- Gregarious
- Integrated
- Positive leader

D.6.3 Which role does s/he play in the relationship with others?

- Isolated
- Dependent
- Collaborative
- Capacity of initiative

#### D. RELATIONSHIP WITH HORSE

D.7 Does s/he approach and relate with horse?

- Never
- Sometimes
- Often
- Always

#### D. ADAPTATION TO THE RULES

D.8 Does s/he adapt to the rules of the surrounding environment?

- Never
- Sometimes
- Often
- Always

#### D. RELATIONAL STYLE

D. Relational style:

- Impulsive (D.9.1)
- Dependant (D.9.2)
- Reflexive (D.9.3)
- Autonomous (D.9.4)



## **E. COGNITIVE AREA**

### **E. PLANNING AND PROGRAMMING**

E.1 Can s/he plan and program individually the work in the ring?

- Never
- Yes, with a lot of help
- Yes, with a little help
- Yes

### **E. SEQUENCES EXECUTION**

E.2 Does s/he execute the riding figures suggested by the instructor?

- Never
- Yes, with a lot of help
- Yes, with a little help
- Yes, autonomously

### **E. VERIFY AND CONTROL**

E.3 Is s/he able to verify and control his/her own performance?

- Never
- Yes, with a lot of help
- Yes, with a little help
- Yes, autonomously

### **E. PROBLEM SOLVING**

E.4 Is s/he able to solve problems occurring during horse's management?

- Never
- Yes, with a lot of help
- Yes, with a little help
- Yes, autonomously



**E. BODY IMAGE OF THE HORSE**

E.5 Can s/he recognize and indicate the anatomical parts of horse' body including their spatial position?

- Never
- Yes, with a lot of help
- Yes, with a little help
- Yes, autonomously

**F. COMMUNICATION AREA**

F.1 Has s/he communicative intent?

- Never
- Sometimes
- Often
- Always

F.2 Can s/he understand simple verbal messages?

- Never
- Only with the help of obvious gestures
- Only with the help of facial gestures
- Yes

F.2.1 Can s/he understand complex verbal messages?

- Never
- Only with the help of obvious gestures
- Only with the help of facial gestures
- Yes

F.2.2 Can s/he produce verbal messages?

- No
- Only one word
- Subject/verb
- Complete sentence



F.3 Is s/he able to express herself/himself using mime gestures?

- No
- Yes, if stimulated
- Yes, only using facial expressions
- Yes using the whole body

F.4 Can s/he follow simple verbal instructions?

- Never
- Only by imitating others (with a lot of help)
- Only if in context
- Yes, autonomously

F.4.1 Can s/he follow complex verbal instructions?

- Never
- Only by imitating others (with a lot of help)
- Only if in context
- Yes, autonomously