

*Located in Richmond, Texas.
Serving Fort Bend County & the Greater Houston area.*

Our Mission

By partnering with horses, Reining Strength helps people realize their individual potential through customized equine-assisted activities and therapies.

Our Vision

In 2014, the leadership of Reining Strength created the following Vision of the Organization:

Reining Strength will become known as one of the leading, most readily recognized equine-assisted activities and therapies (EAAT) organizations in the nation. Our EAAT programs will be recognized for excellence in quality care and outstanding service to all of our participants. Locally, we will be known as "the" resource for EAAT by local educators, key physician and community resource referral groups.



Heather Hernandez, M.Ed
Executive Director
PATH Intl. Advanced Instructor
EAGALA Certified

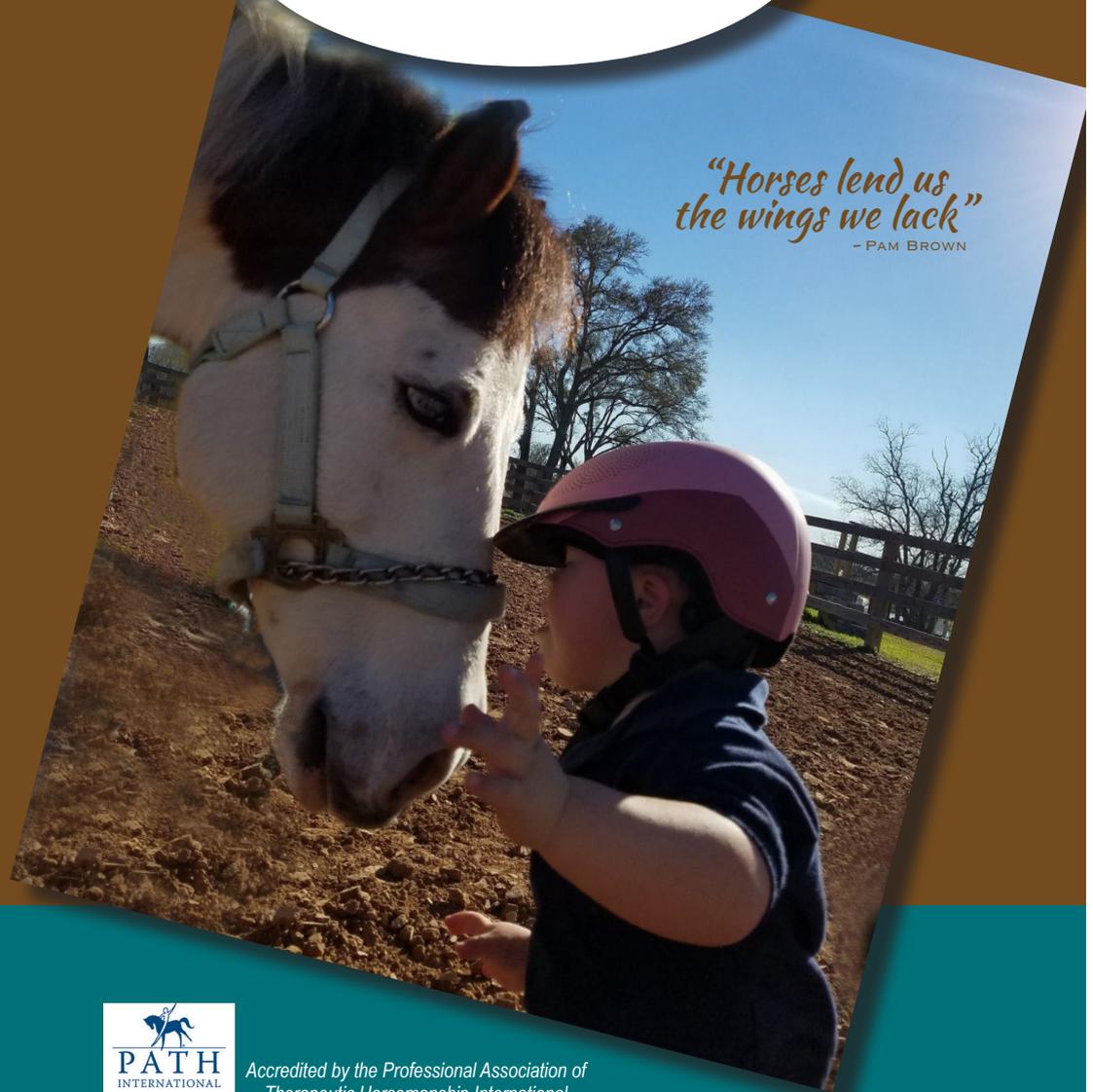


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*"Horses lend us
the wings we lack"*
- PAM BROWN



Accredited by the Professional Association of
Therapeutic Horsemanship International

Reining Strength is a 501(c)3 organization.

Reining Strength Therapeutic Horsemanship. Programs for people of all ages.

Reining Strength Therapeutic Horsemanship provides therapeutic horsemanship programs for people of all ages -- children and adults -- who have **physical, cognitive, social and emotional needs**.

Who Benefits from Therapeutic Horsemanship?

A wide variety of common diagnosis benefit from therapeutic horsemanship. They include, but are not limited to the following:

- Anxiety
- Autism Spectrum Disorders
- Cerebral Palsy
- CVA or Stroke
- Down Syndrome
- Intellectual Disabilities
- Learning Disabilities
- Multiple Sclerosis
- PTSD
- Sensory Processing Disorder
- Spina Bifida
- Traumatic Brain Injury
- Various Genetic Syndromes
- ... and many others ...

As participants work with our horses in a custom tailored program, our goal is to help each of them realize their individual potential.

The following are a few examples:

Physical Benefits

- Normalize muscle tone
- Improve strength, endurance and coordination
- Increase range of motion
- Encourage correct posture

Psychological Benefits

- Promote independence & self control
- Teaches sequential thinking & spacial awareness
- Motivate by providing immediate reinforcement & feedback



Social Benefits

- Promote cooperation & interaction
- Improves opportunities to interact with others and foster relationships
- Provides appropriate challenge in a unique and engaging environment

Other programs include **Equine Assisted Learning**, and **Physical Therapy** using equine movement as a treatment strategy.



Reining Strength is Accredited by the Professional Association of Therapeutic Horsemanship International (PATH Intl.). Additionally, all staff members are certified by PATH Intl.

What is Therapeutic Horsemanship?

Very simply phrased, it's people interacting with horses. The program focus is two-fold: teaching riding skills and incorporating potential therapeutic benefits into the riding lesson.

The rhythmic way that horses move mimics the human movement of walking. In riding a horse, the stride of the horse actually moves the rider's pelvis by rotating and moving from side to side, similar to the human walk. This creates a unique neuromuscular stimulation. As the horse adjusts it's gait, the rider also must constantly adjust the speed of their own pelvic motion.



Aside from riding, the relationship with the horse is developed as part of their therapeutic goals. Participants take part in care and grooming of the horse, such as brushing, bathing, and currying. These movements help improve joint range of motion and can have a relaxing and calming effect.



100% of our clients receive some form of client assistance funds. You can contribute by donating funds to help individuals receive equine-assisted activities and therapies. Reining Strength is a 501(c)3 organization. All donations are tax-deductible to the extent allowed by law.