

## Horseback Riding

Age Requirements

No Age Requirement

Available 24/7

No

Other Eligibility Criteria

Serves individuals with disabilities.

Family

No

Intake Contact Email

info@simplechanges.org

Intake Process

Rider and volunteer forms may be downloaded from the web. Potential riders will be invited for an evaluation ride once a place becomes available in the program. The physician form must be completed and submitted prior to the evaluation ride.

Provider Refer

Yes

Report Problems

Call the Agency

Self Refer

Yes

Simple Changes Therapeutic Riding Center

<http://simplechanges.org/>

Main

(703) 402-3613

P O Box 991

22199 VA

United States

Additional Availability Comments

See Calendar of Events on Website.

Fee Structure

Fixed Fee

Payment Method(s)

Private Pay

Languages Spoken

English

Simple Changes Therapeutic Ride Center offers therapeutic horseback riding and hippotherapy. Therapeutic Horse riding benefits the body, mind and spirit for individuals with physical, emotional, and developmental disabilities. They learn from the horses and each other. The physical benefits improve muscle tone, gait, balance and posture. The program also helps cognitive skills through following directions and sequencing during riding activities lessons. The personal benefits help riders build confidence, make new friends, and experience independent movement.

The hippotherapy program is run by a licensed physical therapist using the movement of the horse to facilitate treatment.

Applicants should [download forms](#) from the website. To visit the facility, make an appointment by calling 703-402-3613 or sending an email to [info@simplechanges.org](mailto:info@simplechanges.org). Simple Changes has two locations. The main facility is located in Mason Neck, VA and the satellite facility is located in Catlett, VA.

The program is accredited by the North American Riding for the Handicapped Association (NARHA).

Service Area(s)

Carroll County

,

Fairfax City

,

Fairfax County

,

Fredericksburg City

,

Prince William County

,

Spotsylvania County

,

Stafford County