



NATIONAL
ABILITY
CENTER

Precautions and Contraindications for Equine Assisted Activities and Therapies

This is only a brief list to provide some examples, please contact the Equestrian Program at 435-649-3991 x. 617 for more detailed information.

Precautions

- Challenging behaviors
 - Fatigue levels
 - Medical equipment
 - Paralysis below T-6
- Spinal Curvature, fixation/fusion
 - Poor balance
 - Seizures
 - Medications
- Sensory limitations
 - Allergies

Contraindications

- Lack of physician's release for EAAT
 - Children under 2 years old
 - Weight over 200 lbs.
 - Atlantoaxial Instability
- Inability to communicate pain
 - Poor head control
 - Persistent primitive reflexes
- Low skin integrity on weight bearing surfaces
 - Females with indwelling catheters
- Complete spinal cord injury above T-6
- Insufficient spinal mobility to accommodate the movement of the equine
- Adults who are unable to sit unassisted on a flat surface with a back rest