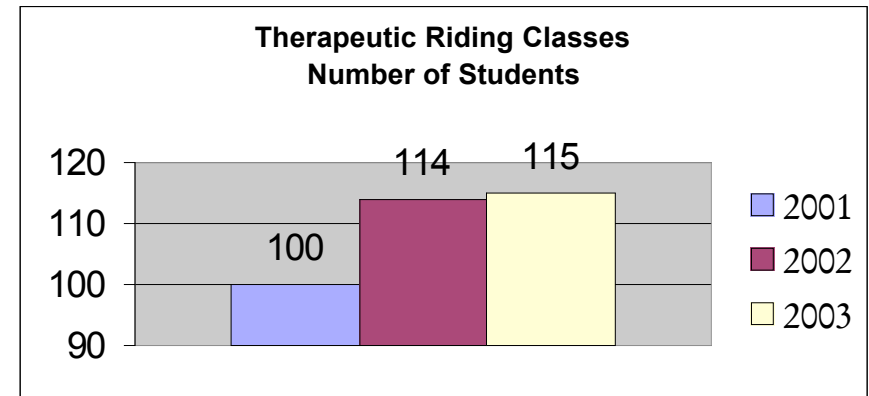


THERAPEUTIC RIDING



The heart of our program—the therapeutic riding classes consist of four to five students, ten to fifteen volunteers, a NARHA certified instructor, and a consulting therapist. Students are grouped according to age and ability. The instructors (with input from therapists, parents, teachers and students) set the goals for each class. These goals range from holding the reins appropriately to learning the posting trot. Lesson plans are designed to provide students with the opportunity to succeed.



<p>Session I 5 weeks, April 14–May 17 12 classes 55 students Average class size: 4.6 students 59 instructional hours, 60 planned, 1 class cancelled 29.5 instructional prep hours</p>	<p>Session II 5 weeks, June 2–July 12 13 classes 58 students Average class size: 4.5 students 61 instructional hours, 65 planned, 4 classes cancelled, heat</p>
<p>Session III 5 weeks, July 14–Aug. 16 14 classes 68 students Average class size: 4.8 students 70 instructional hours 35 instructional prep hours</p>	<p>Session IV 5 weeks, Sept. 8–Oct. 11 17 classes 75 students Average class size: 4.4 students 85 instructional hours 42.5 instructional prep hours</p>

Student Information

**146 students served in
Therapeutic Riding/Leg Up Programs**

- 57% primary mental disability
- 28% multiple (mental/physical) disability
- 15% primary physical disability
- 62% returning students
- 38% new students
- 81% children/teenagers
- 19% adults

THE LEG UP PROGRAM

An equestrian activities program for “at risk” youth. Program focus: stable management, riding, sportsmanship & fun!

<p>Spring Session February 25 ~ May 27 4 Students from Prairie High School 11 weeks 3 2.3 hour classes per week 75.9 instructional hours 37.9 instructional prep hours</p>	<p>Summer Session June 9 ~ August 14 10 Students from Four Oaks 7 Students from Tanager Place 8 weeks 8 1 hour classes per week 64 instructional hours 32 instructional prep hours</p>	<p>Fall Session September 9 ~ November 11 10 Students from Prairie High School 9 weeks 3 1.5 hour classes per week 40.5 instructional hours 20.3 instructional prep hours</p>
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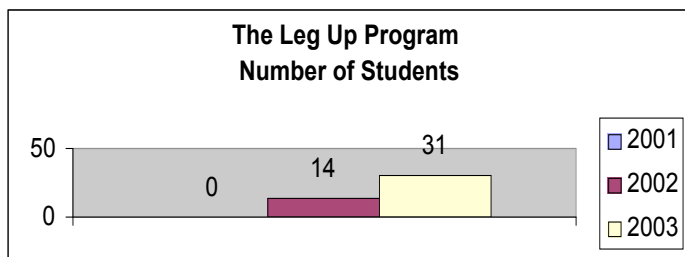
One experience I had while out at this program was getting to ride a horse for the very first time. I have learned about the different parts of the tack and the horse. I have done cleaning and learned how to clean a saddle, a girth, a halter, grooming buckets, and a bridle.

We learned how to take the bridles apart and put them back together. The first time I rode a horse was scary and uncomfortable. Some characteristics of my horse are that it loves to be touched and it likes to cooperate with people.

My horse’s name is Chance and he is one of the dominant horses. He is a Bay horse. He has brown hair. Chance has a star in the middle of his forehead. He is my best friend.

Some strengths I have recognized in myself are my leadership, my self-esteem, and my braveness. I have made some friends out at Miracles in Motion. I have been able to gain some confidence in myself. I have earned some trust and respect out there. I have done good remembering parts of the horses. I have been more responsible out there also.

by Nathan



<u>2003 Leg Up Program</u>	
Students:	31
Class Hours:	180.4
Prep Hours:	90.2
Agencies Served:	
<ul style="list-style-type: none"> • College Community School District—Prairie High School • Tanager Place • Four Oaks 	

St. Luke's Hospital & Mercy Medical Center Hippotherapy Program

During hippotherapy sessions the horse is used as a dynamic (moving) base of support as a therapist works one-on-one with a client to improve the client's functional ability. Specially trained Physical and Occupational Therapists from St.. Luke's Hospital, Mercy Medical Center and Grant Wood Area Education Center provide this form of therapy at Miracles in Motion.

Hippotherapy Schedule

Spring Session

April 17 ~ May 15, May 29 ~ June 26

Staffing: 2 Therapists, 2 Hpot teams, 1 instructor

8 individual therapy sessions 30 minutes in length

2 instructional hours for 10 weeks = 20 hours total

8 clients

Fall Session September 11 ~ October 16

Staffing: 2 Therapists, 2 Hpot teams, 1 instructor

7 individual therapy sessions 30 minutes in length

2 instructional hours for 6 weeks = 12 hours total

7 clients

2003 Total: 15 hpot clients, 32 instructional hours

Hippotherapy Practicum

Summer Session

July 17 ~ August 28

Staffing: 1 Therapist from Grant Wood AEA

1 Hpot team, 1 instructor

3 individual therapy sessions 30 minutes in length

3 instructional hours for 7 weeks = 21 hours total

3 clients

2003 Total: 3 hpot clients, 21 instructional hours

Hippotherapy Strengthening Class -Pilot

July 29 - August 21

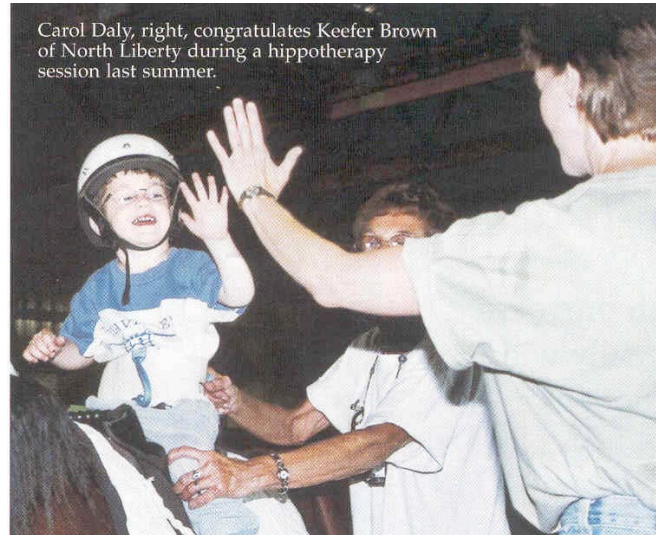
2 classes per week for 4 weeks

Staffing: 1 therapist, 1 instructor

7 instructional hours

4 clients

2003 Total: 4 hpot clients, 7 instructional hours



Carol Daly, right, congratulates Keefer Brown of North Liberty during a hippotherapy session last summer.

Hippotherapy Client Information

22 clients served in Hippotherapy

68% primary physical disability

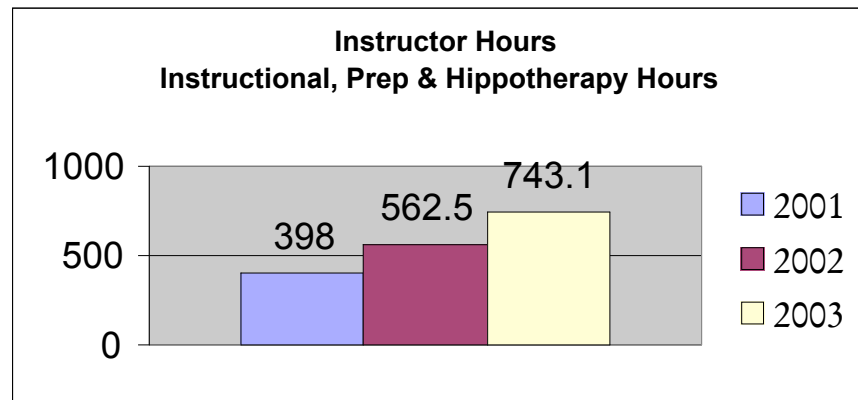
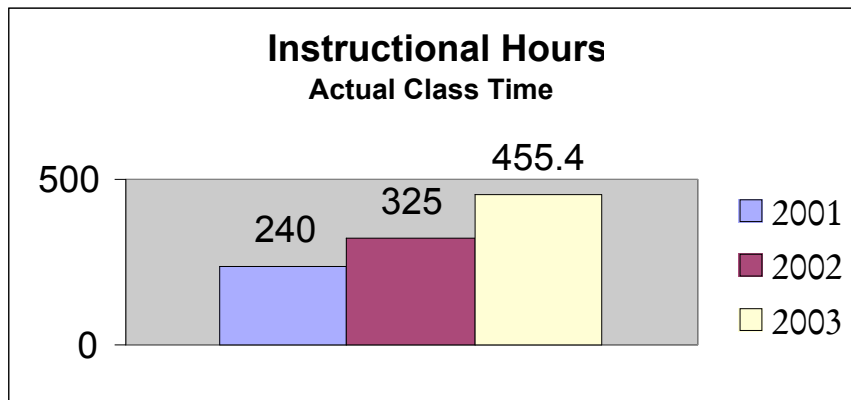
32% primary mental disability

100% children

Consulting Therapist Information

- 4 Physical Therapists
 - Carol Daly, St. Luke's
 - Rosie Santoiemma St. Luke's
 - Nichole Plagge, Mercy
 - Karen Mauss, Mercy
- 1 Occupational Therapist
 - Kris Hanson, St. Luke's

Therapists provided consultative therapy input to therapeutic riding instructors. All therapists obtained individual professional liability coverage at their own expense at a total cost of \$750. (\$150 per person)



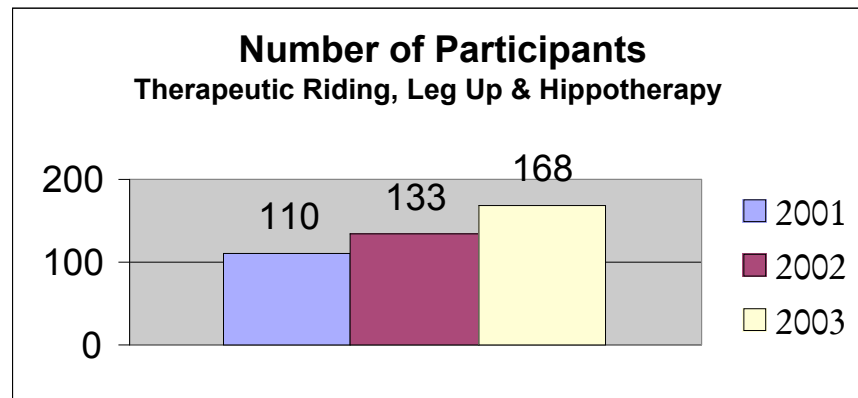
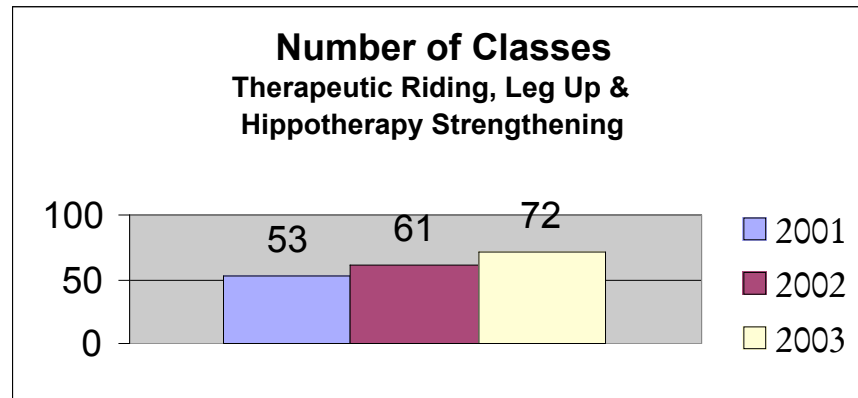
Instructor Information

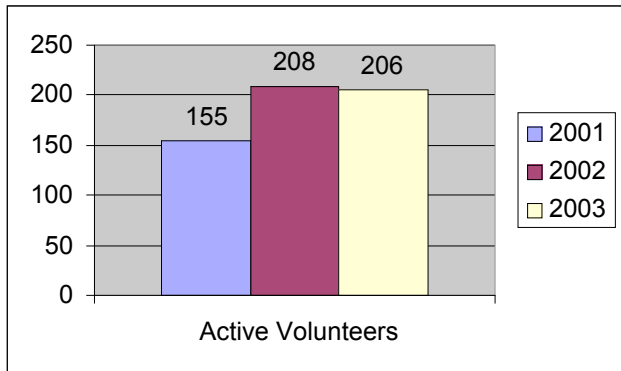
Sue Bock – Advanced
 Erin Hazen – Registered
 Elizabeth Hladky – Registered
 Kate Hladky – Registered
 Toni Sands – Registered
 Joyce Snyder – Registered
 Emily Wemmer—Instructor-in-training

Instructor Hours

455.4 Instructional Hours—TR & Leg Up
227.7 Instructor Preparation Hours
 60.0 Instructor Hours—Hpot

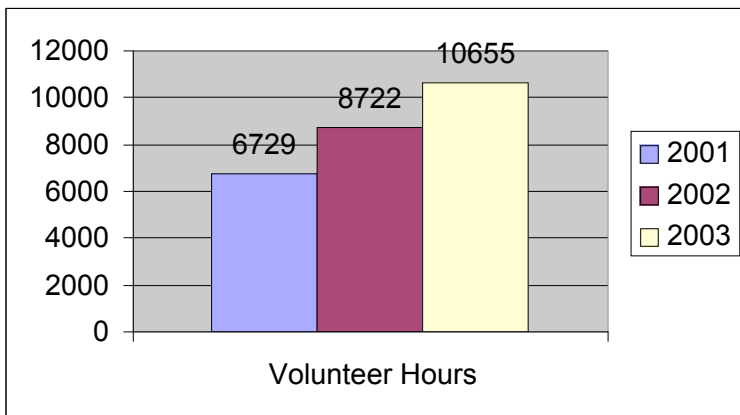
743.1 Total Instructor Hours





Volunteers

- **10,655** volunteer hours logged
- **81** new volunteers trained
- **206** active volunteers
- Maintained/established relationship with volunteer groups:
 - AmeriCorps Volunteers*
 - Boy Scouts of America*
 - Civitan*
 - Johnson County Horse & Pony 4-H Club*
 - Jefferson High School*
 - Linn County Physical Therapy Association*
 - Prairie High School*
 - Solon Church Group*



Volunteer/Staff Training

Instructor/Therapist Training/Support:

Conference:

- February: Two instructors & one volunteer attended the NARHA Region 7 Conference, Missouri
- November: One instructor & one therapist attended pre-conference workshops at NARHA National Conference, Virginia

Hippotherapy:

- Supported one Physical Therapist in completing hours for AHA certification requirements

Instructor-in-training:

- Supported one Miracles in Motion volunteer in gaining NARHA certified instructor status

In-Service Workshops:

- **February:** presented in-service on NARHA Region 7; open to all volunteers
- **April:** hosted state meeting of Iowa NARHA centers, five of Iowa's ten centers were represented

Volunteer Trainings:

- Returning Volunteer Training 1 training session
(April)
- New Volunteer Training 5 training sessions
(April, May, June, July, September)
- Horse Committee Training 8 training sessions
(January, February, March, April, May, June, July, September)

Community Outreach

Kirkwood Community College, Tack Swap, January

Variety Club Telethon, Collins Plaza Hotel, Cedar Rapids, March

P. Buckley Moss Society—Moss Reflections, farm visit, April

University of Iowa Physical Therapy Students, Hippotherapy presentation by Rosie Santoiemma, May

Kirkwood Community College Disabilities Services class, farm visit, June

KCRG—Weather Broadcast, from the farm, June

Tanager Place, farm visit, June

CR Recreation Drop In Program, farm visit, August

Mt. Mercy College, Volunteer Fair, September

Mt. Mercy College, Public Relations Class presentation, December

Presentations: Jackie Wallace made presentations to:

- Cedar Rapids Quota Club, January
- Iowa City American Business Women's Association, February
- Iowa City Down Syndrome Group, March
- KZIA Radio interview, June
- KHAK Radio interview, July
- Verne Upmier Tribute, Kirkwood Community College, August



Organizations Served

Miracles in Motion continues to provide service to the following organizations and the people they serve:

- Cedar Rapids Community School District
- Cedar Rapids Recreation Center—Drop in Program*
- College Community School District
- Crest Services
- Discovery Living, Inc.
- Four Oaks*
- Linn-Mar School District*
- Mayor's Youth Employment Program*
- Mercy Medical Center, Cedar Rapids
- REM Developmental Services
- St. Luke's Hospital, Cedar Rapids
- Systems Unlimited of Iowa City
- Tanager Place
- Transition Center

* New in 2003

Property Improvement

Outbuildings added:

- Loafing shed constructed
- Garage rebuilt

Basement refinished:

- Plumbing
- Shower
- Paint
- Shelving

House:

- New furnace

Indoor Arena:

- Netting installed

Fencing:

- New pasture added



Horse Information

15 Geldings
Median Age: 17

Represented Breeds:

Appaloosa	1
Morgan-cross	2
Paint	2
Quarter Horse	5
Shetland Cross	4
Tennessee-Walker-Cross	1

2004 Program Goals

- Program Expansion
 - Expand Leg Up Program
 - Develop driving pilot program
 - Explore developmental vaulting
- Property Improvement:
 - Driveway resurfacing
 - Gutters for outbuildings
- Volunteer Training
 - Develop CD/video training guide

