

## Precautions and Contraindications

The goal of Stir-n-Up Hope is to provide safe and productive equine-assisted services for all participants and to “do no harm.” Equine activities hold inherent risks, yet these risks can be quantified by completing a “risk/benefit” analysis for each potential participant and by posing the question, “Will the benefit of the activity outweigh the risk?” Each participant will be assessed for physical and psycho-social concerns. This question should be answered with consensus by the entire team including the participant, parent/guardian, instructor, therapist, educator, physician, mental health professional and others. All team members should be comfortable with the final decision to approve participation. Our list of precautions and contraindications assist in determining eligibility for participation and/or type of participation and necessary accommodations. Please review this list and inform us if there are previous, current, or probable future occurrences of the following precautions and contraindications.

- Achondroplasia/Pseudo-achondroplasia and hypochondroplasia
- Age and Developmental Related Considerations
- Allergies
- Amputations
- Arthritis – Rheumatoid Arthritis (RA), Osteoarthritis (OA)
- Arthrogyrosis
- Asthma
- Atlantoaxial Instability (AAI) in Down Syndrome
- Attention Deficit Hyperactive Disorder (ADHD)/Attention Deficit Disorder (ADD)
- Autism Spectrum Disorders (ASD)/Pervasive Developmental Disorders (PDD)
- Behavior and Psychosocial Problems
- Oppositional Defiant Disorder (ODD)
- Brain Injury (BI)
- Cancer
- Cerebral Palsy (CP)
- Chronic Fatigue Immune Dysfunction Syndrome (CFIDS)
- Communication Disorders
- Coxarthrosis
- Cranial Defects
- Diabetes
- Eating Disorders
- Equipment/Medical Devices
- Fatigue/Poor Endurance
- Fracture
- Head/Neck Control
- Heart/Cardiac Conditions
- Hemophilia (Hemophilia A/Hemophilia B/Von Willebrand Disease)
- Heterotopic Ossification/Myositis Ossificans
- Hip Subluxation and Dislocation
- HIV Positive/AIDS
- Hydrocephalus/Shunt

*And let us consider how to stir up one another to love and good works - Hebrews 10:24*

- Hypertension (HTN)/High Blood Pressure
- Hypertonia
- Hypotonia
- Joint Replacement
- Migraines
- Myopathy/Muscular Dystrophy (MD)/Spinal Muscular Atrophy (SMA)
- Neuromuscular Disorders/Multiple Sclerosis (MS)
- Osteogenesis Imperfecta (OI)
- Osteoporosis/Low Bone Density/Osteopenia
- Pathologic Fractures
- Peripheral Vascular Disease (PVD)
- Respiratory Compromise
- Rett Syndrome
- Sensory Integrative Disorders - SID
- Seizure Disorders/Epilepsy
- Skin Integrity, Pressure Ulcers (Decubitus), Rashes, Burns, Fungal Infections
- Spinal Cord Injury (SCI)
- Spinal Curvature
- Spinal Fusion/Fixation
- Spinal Instability/Abnormalities
- Spinal Orthosis
- Spina Bifida
- Tethered Cord
- Chiari II Malformation
- Hydromyelia
- Stroke/Cerebrovascular Accident (CVA)
- Substance Abuse/Drug or Alcohol Dependence
- Surgery - Recent
- Trunk Control
- Medication

### MENTAL HEALTH PRECAUTIONS AND CONTRAINDICATIONS

- History of animal abuse
- History of fire setting
- Suspected current or past history of physical, sexual and/or emotional abuse
- History of seizure disorder
- Gross obesity
- Medication side effects
- Stress-induced Reactive Airway Disease (asthma)
- Actively dangerous to self or others (suicidal, homicidal, aggressive)
- Actively delirious, demented, dissociative, psychotic, severely confused (including severe delusion involving horses)
- Actively substance abusing

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