

# English Abstracts

## Diversity as a Chance – Horse Assisted Integrative Pedagogy

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In 2006 the United Nations agreed on the “Comprehensive and Integral International Convention on the Protection and Promotion of the Rights and Dignity of Persons with Disabilities”. In spite of this right to full inclusion and participation in society, people with disabilities remain excluded from access to many resources. People with and without disability sharing leisure activities is still an exception. In line with a pedagogy of diversity and inclusion, the individual differences between service users constitute the basis of inclusive and integrative

horse assisted programmes, and authors present their own concept, called “Integrative Voltigier- und Reitpädagogik” (Integrative Vaulting and Riding Pedagogy), which is founded on this ideas. Animal assisted pedagogy offers itself to help make integration and finally inclusion a reality.

**Keywords:** Integrative pedagogy, inclusion, leisure activity pedagogy, adventure pedagogy, animal assisted pedagogy, Integrative Voltigier- und Reitpädagogik

## Single Case Study on the Change of Motion in Adult Persons with Cerebral Palsy by Psycho-Educational Vaulting and Riding

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Numerous people suffering from cerebral palsy due to severe physical disabilities as well as spasticity benefit from psycho-educational vaulting and riding. Both affected people and attendants report on positive effects concerning mood and movability after therapeutical horseback riding. While assisting patients improvements of movability and myotonus can be recognized. That is why I proposed the question how this change in motility can be measured and how a direct impact can be shown. Movability can be measured with the help of two different procedures. One method that has been scientifically acknowledged is the articular recording with the goniometer. Moreover, a diagnostic

menu has been developed especially for this individual group of people. A quick operability, suitability for daily use and expansion on further test persons are important features of this diagnostic menu. By using this method the extension and flexion of the cervical spine, hip abduction and of the entire trunk motility including the upper limbs are measured. Additionally, vital signs such as blood pressure, pulse, body temperature and surface hand temperature are measured.

**Keywords:** Cerebral palsy, psycho-educational vaulting, movability, myotonus, especially diagnostic menu