



**STRIDE**  
Southeastern Therapeutic Riding, Inc.

**P.O. Box 872032**  
**Wasilla, AK 99687**  
**Message Phone: (907) 929-7876**  
**Email: participation@stridealaska.org**

### RIDER MEDICAL HISTORY and PHYSICIAN'S EVALUATION

A qualified physician MUST complete this form if client is to participate in the horseback riding program.

Rider's Name: \_\_\_\_\_ -DOB: \_\_\_\_\_

Age: \_\_\_\_\_ Rider's Height: \_\_\_\_\_ Rider's Weight: \_\_\_\_\_  
 Male  Female

Diagnosis: \_\_\_\_\_ Date of Onset: \_\_\_\_\_

Medications: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Tetanus:  Yes  No Date of Last Tetanus: \_\_\_\_\_

Seizure Type: \_\_\_\_\_ Controlled:  Yes  No Date of Last Seizure: \_\_\_\_\_

Shunt Present:  Yes  No Date of Last Revision: \_\_\_\_\_

If Down Syndrome, Atlanto-Axial Subluxation?  Yes  No  
Cervical X-Ray for Subluxation?  Positive  Negative X-Ray Date: \_\_\_\_\_  
Neurological Symptoms of Atlanto-Axial Instability: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Special Precautions/Needs: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Mobility:  Independent Ambulation  Assisted Ambulation  Wheelchair  
Braces/Assistive Devices \_\_\_\_\_

Please indicate current or past difficulties in any of the following area, by checking YES or No.

<u>Concern</u>	<u>YES</u>	<u>NO</u>	<u>If YES, please describe</u>
Allergies	<input type="checkbox"/>	<input type="checkbox"/>	_____
Auditory Impairment	<input type="checkbox"/>	<input type="checkbox"/>	_____
Speech Impairment	<input type="checkbox"/>	<input type="checkbox"/>	_____
Visual Impairment	<input type="checkbox"/>	<input type="checkbox"/>	_____
Tactile Sensation	<input type="checkbox"/>	<input type="checkbox"/>	_____
Learning Disability	<input type="checkbox"/>	<input type="checkbox"/>	_____
Cognitive	<input type="checkbox"/>	<input type="checkbox"/>	_____
Cardiac	<input type="checkbox"/>	<input type="checkbox"/>	_____
Circulatory	<input type="checkbox"/>	<input type="checkbox"/>	_____
Integumentary/Skin	<input type="checkbox"/>	<input type="checkbox"/>	_____
Immunity	<input type="checkbox"/>	<input type="checkbox"/>	_____
Muscular	<input type="checkbox"/>	<input type="checkbox"/>	_____
Balance	<input type="checkbox"/>	<input type="checkbox"/>	_____
Neurological	<input type="checkbox"/>	<input type="checkbox"/>	_____
Orthopedic	<input type="checkbox"/>	<input type="checkbox"/>	_____
Postural Hypotension	<input type="checkbox"/>	<input type="checkbox"/>	_____
Pulmonary	<input type="checkbox"/>	<input type="checkbox"/>	_____
Emotional/Psychological	<input type="checkbox"/>	<input type="checkbox"/>	_____
Pain	<input type="checkbox"/>	<input type="checkbox"/>	_____
Other	<input type="checkbox"/>	<input type="checkbox"/>	_____

The following conditions may suggest precautions and contraindications to therapeutic horseback riding. Please note whether these conditions are present and to what degree.

<u>Orthopedic Conditions</u>	<u>YES</u>	<u>NO</u>	<u>If YES, please describe</u>
Atlanto-axial Instability	<input type="checkbox"/>	<input type="checkbox"/>	_____
Coxa Arthrosis	<input type="checkbox"/>	<input type="checkbox"/>	_____
Cranial Deficits	<input type="checkbox"/>	<input type="checkbox"/>	_____
Heterotopic Ossification/Myositis	<input type="checkbox"/>	<input type="checkbox"/>	_____
Joint Subluxation/dislocation	<input type="checkbox"/>	<input type="checkbox"/>	_____
Osteoporosis	<input type="checkbox"/>	<input type="checkbox"/>	_____
Pathological Fractures	<input type="checkbox"/>	<input type="checkbox"/>	_____
Scoliosis	<input type="checkbox"/>	<input type="checkbox"/>	_____
Spinal Fusion/Fixation	<input type="checkbox"/>	<input type="checkbox"/>	_____
Spinal Instability/Abnormalities	<input type="checkbox"/>	<input type="checkbox"/>	_____
Spondylolisthesis	<input type="checkbox"/>	<input type="checkbox"/>	_____
Kyphosis/Lordosis	<input type="checkbox"/>	<input type="checkbox"/>	_____
Laminectomy/Fusion	<input type="checkbox"/>	<input type="checkbox"/>	_____

<u>Neurological Conditions</u>	<u>YES</u>	<u>NO</u>	<u>If YES, please describe</u>
Hydrocephalus/Shunt	<input type="checkbox"/>	<input type="checkbox"/>	_____
SpinaBifida/Chiari II Malformation/ Tethered Cord/Hydromyelia	<input type="checkbox"/>	<input type="checkbox"/>	_____

Other

- Asthma/COPD   \_\_\_\_\_
- Indwelling Catheters   \_\_\_\_\_
- Orthodontics   \_\_\_\_\_
- Prosthetics   \_\_\_\_\_
- Medications (i.e. photosensitivity)   \_\_\_\_\_
- Sensory Loss   \_\_\_\_\_
- Mental Impairment   \_\_\_\_\_
- Skin Breakdown   \_\_\_\_\_
- Poor Endurance   \_\_\_\_\_
- Animal Abuse   \_\_\_\_\_
- Physical/Sexual/Emotion Abuse   \_\_\_\_\_
- Blood Pressure Control   \_\_\_\_\_
- Dangerous to self or others   \_\_\_\_\_
- Exacerbations of medical conditions   \_\_\_\_\_
- Heart Conditions   \_\_\_\_\_
- Hemophilia   \_\_\_\_\_
- Medical Instability   \_\_\_\_\_
- Migraines   \_\_\_\_\_
- PVD   \_\_\_\_\_
- Respiratory Compromise   \_\_\_\_\_
- Recent Surgeries   \_\_\_\_\_
- Substance Abuse   \_\_\_\_\_
- Thought Control Disorders   \_\_\_\_\_
- Weight Control Disorders   \_\_\_\_\_

To my knowledge, there is no reason why this person cannot participate in supervised equestrian activities. However, I understand that **STRIDE** will weigh the medical information above against the existing precautions and contraindications. I concur with a review of this person's abilities/limitations by a licensed/credentialed health profession (e.g. PT, OT Speech Therapist, Psychologist, etc.) in the implementation of an effective equestrian program.

Name/Title (please print): \_\_\_\_\_ MD DO NO PA Other \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

Phone: (    ) \_\_\_\_\_ License and/ or NPI Number: \_\_\_\_\_

Physician's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Please return this completed and signed form to:

**STRIDE**  
Southcentral Therapeutic Riding, Inc.  
P. O. Box 872032  
Wasilla, AK 99687  
participation@stridealaska.org