

■ HALLO



Ulrika Stengard Olsson is a hippophysiotherapist working with Region Skåne but she also has a private enterprise at Söderåsens Forsgård.

Why is hippo-physiotherapy a good treatment?

It is based on the horse's three-dimensional movements at a walking pace. The horse moves back and forth, to the sides and also with a rotating movement. This movement

can be compared to the pelvic movements in humans during walking. That is the key to hippophysiotherapy. The horse is like a living treatment couch and to work so close to animals and nature feels more like leisure time than a treatment.

It is a great experience for a person who sits in a wheelchair to suddenly find that he/she has four legs. Movement and speed are experienced in a different way than in a wheelchair.

Who can be helped by hippophysiotherapy?

This treatment is very good for many diagnoses. Whiplash, autism, CP and stroke, it really helps. The contact with living animals is not only physical but also emotional and social. It is a mixture and the one who are treated with hippophysiotherapy feels better on all levels.