

The Love Bus Bulletin

Therapeutic Horseback Riding Edition



Brushing builds bond

Grooming helps deepen connection between horse and rider

What sets therapeutic horseback riding apart from regular riding lessons? A typical lesson for a Love Bus rider splits the time between grooming and tacking the horse (putting the saddle and reins on) and the time mounted on horseback.

This time spent grooming helps to develop the bond between horse and rider, allowing them to feel completely at ease with each other.

Maeve from Massachusetts gently brushes a horse as she prepares to take the reins! Way to go, cowgirl!

Sitting in a saddle mitigates effects of cancer treatment



A surprising yet common side effect of cancer treatment for children comes in the form of walking on tiptoes. Many cancer treatment protocols require several drugs, such as Vincristine, that shorten and tighten children's growing calf muscles-- resulting in the tiptoeing that lingers after treatment has finished.

A great way to combat this? Putting your feet in the stirrups, and saying "giddy-up!" The proper posture needed to sit in a saddle, heels down in the stirrups, aids in the lengthening and stretching of leg muscles, in addition to rebuilding a child's core strength and confidence!

Once you've mastered the proper saddle posture? Six-year-old Thaddeus of New Hampshire, pictured above, has progressed to some true horseback acrobatics thanks to the strength and stability he has gained through riding lessons!

Q: How many therapeutic horseback riding lessons have YOU helped pay for in 2016?

A: Over 225, and the year isn't over yet!



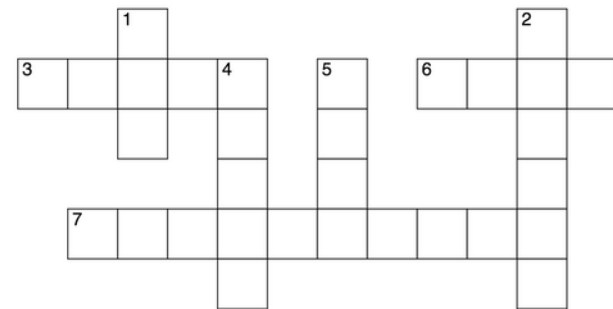
Sajni



Lucy & Jane

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for
kids with cancer?

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ACROSS

3. What you hold to guide the horse
6. Type of certification held by therapeutic riding centers
7. Person who helps guide the horse during therapeutic riding lesson

DOWN

1. "Chomping at the ____"
2. What you put your feet into when riding a horse
4. What a horse wears on his feet
5. Name of Lucy's horse
(answers to left below)



Jacy



Talan



Elena

1. Bit
2. Stirrups
3. Reins
4. Shoes
5. Nita
6. PATH
7. Sidewalker