

# MAKING STRIDES

Enabling Riders, Empowering People at  
Hudson Valley HorsePlay



## Meet “Cosmo”

Many of our students are not ready to ride a horse right away.



Cosmo is our “Equicizer” - a mechanical horse developed by a former jockey to simulate the motion and feel of riding. He can carry 500 pounds, which means a rider can have a spotter “on board” if needed.

**Watch Cosmo in action here:**  
[Equicizer Video](#)

[Farm Visits by Appointment.](#)

**HUDSON VALLEY HORSEPLAY**  
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## Why Riding?

Riding activities can contribute positively to the cognitive, physical, emotional and social well-being of people with and without disabilities. Areas of focus can range from recreation & leisure to therapy to educational or sport.

## OT / PT / Recreation

A horse’s movement provides the sensory input of a precise, repetitive pattern of movement very similar to that of human’s pelvic movement. Benefits include:

- Mobilization of Pelvis, Lumbar Spine & Hip Joints
- Normalization of Muscle Tone
- Development of Head & Postural Control
- Improvement of Symmetry
- Sensory Motor Integration
- Out-of-Doors, Social & Fun!

## Where & When?

Nichols Field is a private and bucolic setting in Kerhonkson, NY. Services offered year-round.

*“I can only say positive things about the riding programs at Nichols Field.*

### **A Mom’s Testimonial**

*My 6 yr old was facing some challenges with breath support and speech. The work we did with Cosmo really helped him to become confident and a stronger speaker. The environment is caring and collaborative. There are always open channels of communication - so important to me as a mom!”*

